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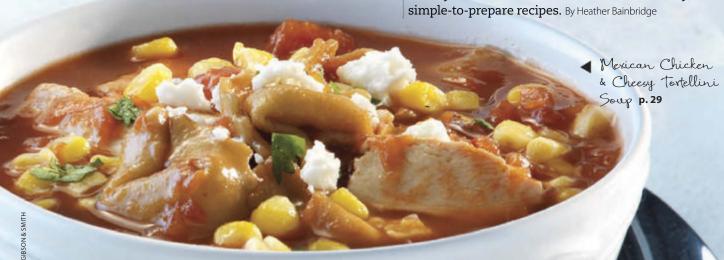




On our March 2015 cover we feature Kimchi Tacos, Salmon Tacos with Peaches & Fresh Basil and Steak Tacos with Apples & Cilantro, p. 14 and p. 15. Photography by Gibson & Smith, Food styling by Marianne Wren

features

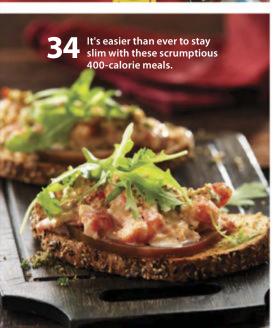
- 26 SUPERFAST SUPPERS Get dinner on the table in under 25 minutes with these quick and easy meals that will have your brood begging for seconds! By Julie O'Hara
- 400-CALORIE MEALS Eat clean and get lean with 34 these 10 delicious meals that are each under 400 calories. By Marianne Wren
- **HOW WE GOT THE FAT THING ALL WRONG** With research increasingly showing that saturated fat is actually good for you, find out why it was vilified in the first place, and how it can improve your health. By Jonny Bowden
- **54** THE 4TH ANNUAL CLEAN CHOICE AWARDS Clean Eating editors present the 4th Annual Clean Choice Awards in honor of the top 100 cleanest, most earth-friendly grocery-store products. From pantry staples and protein powders to snacks, dairy and frozen foods, find out which brands made the cut this year.
- **68 GROCERY BAG** Five easy-on-your-wallet weeknight meals for under \$3 a plate. By Dina Cheney
- YOUR 14-DAY CLEAN EATING MEAL PLAN Recharge your health and whittle your waistline while you're at it with 2 weeks' worth of healthy,



IN EVERY ISSUE: What's Fresh Online: 4 / Recipe Index: 5 / Editor's Letter: 8 / Advisory Board & Contributors: 10 / Letters: 12



We unveil the winners of the 4th Annual Clean Choice Awards – discover the cleanest supermarket products in 16 categories!



travel well

80 GLOBAL KITCHEN

A cleaned-up Irish stew that's packed with flavorful, hearty veggies and lots of authentic flavor.

be inspired

82 GEAR & GADGETSThe coolest new culinary tools for the home cook.

88 SWEET TOOTH
A St. Paddy's Day
brownie brimming
with good luck.

weight loss

20 KICK IT UP A NOTCH
Naturopathic doctor
Rachel Corradetti shares
her insight on detoxes
and cleanses.

eat smart

14 BITS 'N' BITES
Food, health and
nutrition news you
can use.

22 COMPLEMENTS Discover 9 brainboosting nutrients and foods.

CLASSICS, ONLY
CLEANER A creamy
whole-grain Fettuccine
Alfredo that slays
the competition when
it comes to calories, fat
and sodium.

how to

Wood or plastic?
The best cutting
boards for all your



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Find our recipe for Orange Cake with Chocolate Glaze at floridacrystals.com.

what's fresh at cleaneating.com

Clean Eating **Fans Have Spoken**

Which packaged product do you have the most difficulty finding a clean version of?

"Barbecue sauce. Most have high fructose corn syrup as one of the main ingredients." - Quinton Gillespie

"Non-dairy... anything that's cheesy, creamy and has no dairy! I know I could just go without any of it, but..." - Heidi Will

"Coffee vanilla creamer."

– Jeanneen Nicklas Recine

"Yogurt. My shopping options are limited."

– Lisa Brown

CROWD PLEASER



Poblano & Mushroom Queso Fundido



Black Bean & Cheddar Taco Salad with Pico de Gallo



Fettucine with Mint, Pesto, Figs & Feta

Clean Eating MARCH 2015















Legend • Quick (under 45 minutes) • Freezable • Vegetarian (may contain eggs and dairy) • Gluten-Free

Make it gluten-free ♦ Recipe contains soy sauce, miso, Worcestershire sauce and/or tamari. All of these ingredients are available in gluten-free and regular varieties.

BREAKFAST & SNACKS PASTAS, SOUPS & SALADS



Breakfast Bread Pudding WITH TURKEY BACON CRUMBLE

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A Veggie-Full Fettuccine Alfredo WITH GRILLED CHICKEN P. 25



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Spicy Cayenne-**Dusted Scallops** WITH ORANGE FENNEL SALAD P. 46

GRAINS & VEGETABLES



Kamut Salad WITH ROASTED GRAPES. BUTTERNUT SQUASH & BRUSSELS SPROUTS

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Roasted Butternut Sauash & Lemony Lentil Salad P. 79



Irish Stew P. 81



Kimchi Tacos P. 15



Kimchi Fried Rice WITH TEMPEH P. 30



Chickpea, Cherry & Couscous Lettuce Wraps with Tahini Sauce

GRAINS & VEGETABLES



NUTRITIONAL The nutritional values used throughout *Clean Eating* are calculated with the use of The Food Processor SQL (Esha Research) and are provided by VALUES the use of The Food Processor SQL (ESIJA nesearch), and the Processor SQL (ESIJ



Baked Egg Cups WITH GARLIC TOAST TRIANGLES

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White Bean Falafel WITH PICKLED VEGETABLES & YOGURT SAUCE

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Stuffed Mushrooms Alfredo WITH ZUCCHINI & SPINACH

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Golden White Bean Burgers WITH BEET TZATZIKI

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Kamut Salad WITH ROASTED GRAPES, BUTTERNUT SQUASH & BRUSSELS SPROUTS

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Roasted Butternut Squash & Lemony Lentil Salad P. 79

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Spicy Cayenne-**Dusted Scallops** WITH ORANGE FENNEL SALAD

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BEEF, LAMB & PORK



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Lemon Pork Schnitzel WITH BRAISED SWEET & SOUR CABBAGE

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Cocoa Roast Beef & Garlicky Green **Beans** WITH CRISPY SHALLOTS P. 79



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Mexican Chicken & Cheesy Tortellini Soup P. 29



Sausage & Arugula Pita Pizzas P. 31



Chicken Tikka Masala P. 40

DESSERT



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Pineapple Chicken WITH BLACK BEAN SAUCE P. 69



Chipotle Honey Roasted Chicken WITH STEWED PINTO BEANS P. 70



Chicken Bruschetta Roll-Ups WITH TOMATO &
ARTICHOKE FETTUCCINE P. 78



Double-Chocolate **Brownies** WITH ORANGE CREAM CHEESE ICING P. 88

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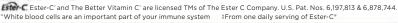
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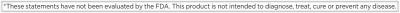
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It's National Nutrition Month, but really, every month is National **Nutrition Month at Clean** Eating. We've got a ton of goodies for you this month starting with our 4th annual and biggest Clean Choice Awards to date. We're saluting the top 100 cleanest packaged foods and household items on the market today after scrutinizing, tasting and trying well over 1,000 health foods and products. Many were delicious, some not so much, but ultimately it was our tough-tomeet-criteria (p. 55) that whittled entries down to 100 shining stars. We did the ingredient analysis, the endless research and suffering

So Many Delicious Things

the occasional tummy ache for you so that you just have to head to the store and stock up on our trusted picks across 16 robust categories. My personal fave and the most innovative product as far as I'm concerned is If You Care's Reusable Paper Towels. Use them, wash them and use again and again. They're super absorbent and, best of all, completely earth friendly.

For a deliciously deeper look into a hot health topic, curl up with "How We Got the Fat Thing All Wrong" on page 48. I've read it at least 12 times and enjoy it every time. For as long as I can remember "fat" has been this pernicious word, something we were meant to villainize. Author Jonny Bowden takes us through the past and present research surrounding fat and

clearly identifies how we came to wrongly blame dietary fat for obesity and a slew of degenerative diseases in the first place and why fat, even saturated fat, is actually good for us and can even help us to lose weight.

On a celebratory note, you'll notice next issue will simply be called "April" and not "April/ May" as it has been in previous years. We're adding an issue in 2015 for a total of 9 issues and two special editions in response to reader feedback where you told us that you love the magazine but just wish you didn't have to wait so long between issues. And we're cooking up some real gems to keep you unswervingly eating clean in 2015.

Tell us what you think!



Tweet us @cleaneatingmag, @aliciarewega Facebook.com/cleaneatingmag



American scientist Ancel Keys convinced the health industry that saturated fat was the root of all dietary evil.



Keeping an array of vinegars on hand can make you smarter – vinegar boosts activity in the brain!



Even when you think you've seen every take on tacos there is...we find a way to dream up more. (And damn they're good!)



Sleep flushes toxins from the brain and can reduce your risk for a certain neurodegenerative disease.

What is Clean Eating?

The soul of clean eating is **consuming food the** way nature delivered it, or as close to it as possible. It is not a diet; it's a lifestyle approach to food and its preparation, leading to an improved life – one meal at a time.

Eat five to six times a day – three meals and two to three small snacks. Include a lean protein, plenty of fresh fruit and vegetables, and a complex carbohydrate with each meal. This keeps your body energized and burning calories efficiently all day long.

Choose organic whenever possible. If your budget limits you, make meat, eggs, dairy and the Dirty Dozen (ewg.org/foodnews) your organic priorities.

Drink at least two liters of water a day: preferably from a reusable canteen, not plastic; we're friends of the environment here! Limit your alcohol intake to one glass of antioxidant-rich red wine a day.

Get label savvy. Clean foods contain short ingredient lists. Any product with a long ingredient list is human-made and not considered clean.

Avoid processed and refined foods such as white flour, sugar, bread and pasta. Enjoy complex carbs such as whole grains instead.

Know thy enemies. Steer clear of anything high in trans fats, anything fried or anything high in sugar.

Consume healthy fats (essential fatty acids, or EFAs) every day.

Learn about portion sizes and work toward eating within them.

Reduce your carbon footprint. Eat produce that is seasonal and local. It is less taxing on your wallet and our environment.

Consume humanely raised, local meats and ocean-friendly seafood. Visit seachoice.org for a printable pamphlet.

Slow down and savor. Never rush through a meal. Food tastes best when savored. Enjoy every bite.

Take it to go. Pack a cooler for work or outings so you always have clean eats on the go.

Make it a family affair. Food is a social glue that should be shared with loved ones. Improve the quality of your family's life along with your own.

Clean Eating

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stacy jarvis ART DIRECTOR OAKVILLE, ON

Stacy Jarvis joins the Clean Eating team as art director with over 15 years of experience in art directing, publishing and branding under her belt. When she's not designing the pages of CE, Jarvis, an avid camper, loves to spend time in the great outdoors – and she also loves to paint: "My mother and I joined a weekly art class, so it's been a nice break from the daily hustle," says Jarvis.



jennifer davis-flynn WEB EDITOR/JAZZ VOCALIST BOULDER, CO

In her off-hours, CE's Jennifer Davis-Flynn can be found singing with the jazz duo, Jazzebel, or hitting the slopes of Colorado. Her journalism career has taken her from Russia to the US, where she's written for a variety of magazines and online publications.



lambeth hochwald JOURNALIST NEW YORK CITY, NY

"I love delving into intricate studies to try to help readers tap into the most important take-away tips," says "Bits 'n' Bites" (p. 18) writer Lambeth Hochwald. Her work has been featured in many national magazines including Prevention, Dr. Oz The Good Life, Health and Family Circle.

Meet Our Experts

Q: How can I ensure that the packaged food I'm buying is clean?

- Miranda Smith, CALGARY, AB

A: If you're anything like me, you try to make as much food at home as possible, but even the most committed clean eaters still need to rely on packaged foods from time to time. The key is to be conscientious about the products you choose. Before putting any product into your cart, scan the ingredient list first. Check for added sugars; many go by names such as dextrose, maltose or fructose. Avoid products that have additives, preservatives or other chemicals that you don't recognize, and watch out for hydrogenated, modified or fractionated oils – this indicates they have been chemically altered. Note the order of the ingredients, as they are listed in descending order of quantity by weight, so if sugar is listed first, then you know that's the main ingredient. If you can't easily pronounce an ingredient or the ingredient list is overly long, then it's likely not clean! When in doubt, consult our Clean Choice Awards on page 54 for 100 approved products we spent four months carefully curating.

- Andrea Gourgy, MA, CNP

Nutrition



jonny bowden

PhD, CNS
Board-certified nutrition
specialist, motivational
speaker, author and expert
in the areas of weight loss,
nutrition and health.



tiffani bachus and erin macdonald

Co-owners of the U Rock Girl nutrition and training program (**URockGirl.com**), registered dietitians and nutrition, fitness and wellness experts.



tosca reno BSc, BEd, NTP

Motivational speaker, presenter and best-selling author of several books, including the *The Eat-Clean Diet** series and *The Start Here Diet* (Ballantine Books, 2013).



andrea gourgy

MA, CNP Holistic nutritionist, health and wellness chef and food editor of *Clean Eating*

Culinary



julie o'hara BA

Clean Eating's Resident Foodie, food and travel writer and recipe developer. Her work has been featured in Shape, Vegetarian Times, SELF and National Geographic Traveler, among other magazines.



jo lusted

Clean Eating's Resident Chef, culinary instructor, freelance writer and author of Dish Do-Over (HarperCollins, 2014). Lusted regularly contributes to a variety of television programs and publications, including Steven and Chris.



marianne wren BA, CC

As both a recipe developer and food stylist, Wren has worked with various print and advertising clients. She completed her culinary training at Dubrulle French Culinary School and The Culinary Institute of America.



jill silverman hough

Food and wine writer, recipe developer, culinary instructor, author of the 100 Perfect Pairings series and co-author of The Clean Plates Cookbook (Running Press, 2012).

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EDITOR-IN-CHIEF Alicia Rewega

Editorial

FOOD EDITOR Andrea Gourgy
ASSOCIATE EDITOR & RESEARCH CHIEF Laura Schober
COPY EDITOR Angie Mattison
WEB EDITOR Jennifer Davis-Flynn
NUTRITION CONSULTANT Antonina Smith
ENTERN Alexis Nilsen

Recipe Creators

Heather Bainbridge, Dina Cheney,
Jill Silverman Hough, Julie O'Hara, Amie Valpone,
Amy Howard Williams, Marianne Wren
RESIDENT CHEF Jo Lusted
RESIDENT FOODIE Julie O'Hara

Art

ART DIRECTORS
Bianca DiPietro, Stacy Jarvis
FREELANCE DESIGNERS
Alaina Greenberg, Sarah Jang
INTERN Asma Ali Gami

Contributors

Tiffani Bachus, Jonny Bowden, Lambeth Hochwald, Jill Silverman Hough, Erin Macdonald, Tosca Reno, Julie O'Hara, Sarah Tuff, Amie Valpone

Photographers

Kelly Brisson, Gibson & Smith, Laura Wright

Food Stylists

Marianne Wren ASSISTANT Kristen Javier

Prop Stylists

Gallimaufry

Production

GROUP PRODUCTION DIRECTOR Barb Van Sickle
PREPRESS MANAGER Joy Kelley
AD COORDINATOR Anna Baldwin
GRAPHIC DESIGNER Idania Mentana

Marketing & Web

MARKETING DESIGNER
Judith Nesnadny | jnesnadny@aimmedia.com
DIRECTOR, FOREIGN EDITIONS
Dayna Macy | dmacy@aimmedia.com
WEB OPERATIONS DIRECTOR
Ken Coffelt

Consumer Marketing

CIRCULATION DIRECTOR Jenny Desjean DIRECTOR OF RETAIL SALES Susan Rose

VICE PRESIDENT, GENERAL MANAGER
Kim Paulsen

GROUP PUBLISHER CLEAN EATING, BETTER NUTRITION AND AMAZING WELLNESS Joanna Shaw | 800.443.4974, x 709

jshaw@aimmedia.com Business Offices

300 N. Continental Blvd., Suite 650, El Segundo, CA 90245 310-356-4100; fax: 310-356-4110

Advertising Sales

NATIONAL SALES DIRECTOR - FOOD Gloria Biscardi | 310.356.2247 gbiscardi@aimmedia.com

EAST COAST SALES DIRECTOR Bernadette Higgins | 561.362.3955 bhiggins@aimmedia.com

MIDWEST SALES DIRECTOR Lisa Dodson | 800.443.4974, x 703 Idodson@aimmedia.com

MOUNTAIN AND WEST COAST SALES DIRECTOR Cindy Schofield | 310.456.5997 cindyschofield@earthlink.net

MARKETSCENE ADVERTISING MANAGER
Mary Brahim | 310.356.2272
mbrahim@aimmedia.com



ACTIVE INTEREST MEDIA

CHAIRMAN & CEO Efrem Zimbalist III
PRESIDENT & COO Andrew W. Clurman
EXECUTIVE VICE PRESIDENT & CFO Brian Selistrom
EXECUTIVE VICE PRESIDENT OF OPERATIONS
Patricia B. Fox

VICE PRESIDENT, CONTROLLER Joseph Cohen VICE PRESIDENT, RESEARCH Kristy Kaus VICE PRESIDENT, DIGITAL Jason Brown

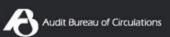
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PLEASE NOTE: All readers are advised to consult their physician before beginning or adding a new fitness regimen or changing their dier. Clean Eating does not accept any responsibility for injury sustained as a result of following the advice or suggestions contained within the

content of this magazine.

We Hear You!

Tell us what you thought of this issue by emailing us at **CEeditorial@aimmedia.com**. Plus, get bonus recipes and more clean-eating content on social media.













"I made your Classic Dressing, Heavy on the Veggies (p. 47, November/December 2014) today. Best dressing ever!" – Jean Peplinksi



CLEAN CONVERT

Just tried the Sweet Potato Breakfast Burritos (p. 50, September 2014) and they were absolutely fabulous! Been nervous to try your recipes as they are so different than what is usually the standard, but absolutely love them. Everything I've tried has been so good, even my hubby loves them. Keep up the good work - I'm now a Clean Eating devotee. - Hope Juda, via Facebook





YOGURT CONFUSION

In the January/February 2015 "We Hear You" section (p. 16), the editor writes that "whole-milk organic or whole-milk grass-fed dairy is CE-approved," then a few pages later there is a piece titled "Our Favorite Yogurts" (p. 22). Stonyfield yogurt is organic, but some of the other brands featured were not organic or grass-fed. It's a bit confusing. Care to shed some light on the subject?

- Christine Robbins, Hoschton, GA

Editor's Note: We appreciate your feedback, Christine. The yogurts featured were all chosen because they were organic and/or grass-fed or free of additives, synthetic growth hormones and preservatives. In hindsight, we should have clarified that whole-milk organic or whole-milk grass-fed dairy is ideal for those who can afford it, but additive-, preservative- and hormone-free dairy made with natural ingredients is also an acceptable part of the clean-eating lifestyle.



TASTY SWAP

Tried the Coconut Lemongrass Soup but with chicken instead of pork (p. 62, January/February 2015) from #cleaneatingmag and it was super delicious and light.

- @_lana_xox, via Instagram

MIFFED ABOUT MARIJUANA

I was more than a little disturbed by you featuring edible marijuana in your January/February 2015 issue (p. 29). Just because something is legal or trendy doesn't make it healthy. Cannabis is fat-soluble, which means it stays in the body's fatty tissues for long periods of time, building up, and can have effects on a person's hormones and many other body systems. Alcohol, tobacco, nitrites and high-fructose corn syrup are all perfectly legal. Buttered coffee seems to be trendy, but it probably isn't good for you.

– Anne Lovett, Atlanta, GA





TAG US IN YOUR INSTAGRAM POSTS WITH HASHTAG #CleanEatingMag

I got my magazine today and I love the weekly menus with shopping lists. Not too many ingredients and most seem kid-friendly. This one is going to stay in my kitchen for a while. Thank you!

– Tiffanie Swigart, via Facebook

I threw the leftover Fennel-Scented Potato Gratin (p. 54, November/December 2014) into the food processor with a cup of organic chicken broth, and it made the most amazing potato soup!

- Karan O'Donovan, via Facebook

I made your Classic Dressing, Heavy on the Veggies (p. 47, November/December 2014) today. Best dressing ever! I used a mega-grain, super-crusty bread and topped it with Simply Organic gravy. I want to eat this every day!

- Jean Peplinksi, via Facebook

I just wanted to make a recommendation for future issues. The Spiced Chocolate Mousse (p. 88, November/ December 2014) with 371 calories and 31 grams of fat may be clean but is probably not a healthy choice!

– Becky Carey Bridgham, via Facebook

Growing healthy everyday







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(C. Kimchi Tacos

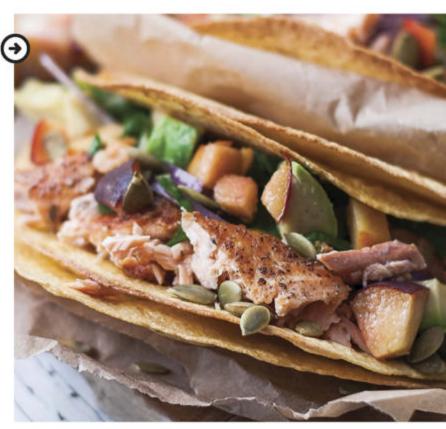
SERVES 4. In a large skillet on medium, heat 1 tbsp sesame oil. Add 1 cup diced organic firm tofu and cook for 3 minutes. Add 1 tbsp **reduced-sodium** tamari, ½ tsp garlic powder, 2 large diced zucchini, 1 thinly sliced bunch Swiss chard leaves, 4 thinly sliced scallions, pinch ground cayenne pepper, sea salt and fresh ground black pepper, to taste. Cook for 5 minutes or until vegetables are tender. Mix in 1 cup drained **kimchi** and remove from heat. Divide tofu mixture among 8 6-inch **corn tortillas**, heated. Garnish with 6 thinly sliced chives, ¼ cup finely chopped fresh cilantro leaves, 3 tbsp chopped raw unsalted peanuts and juice of 1 large lime.

benefit The wealth of probiotics in kimchi help maintain good bacteria in the gut and also provide a boost to the immune system.

Salmon Tacos with Peaches & Fresh Basil

SERVES 4. Season both sides of a 1 lb **skin-on** wild salmon fillet with sea salt and fresh ground black pepper. In a large skillet on medium-high, heat 2 tbsp olive oil. Add salmon skin-side-down and cook for 3 to 5 minutes per side, or until desired doneness. Remove from heat and divide into 8 equal portions. Top 8 6-inch corn tortillas with a portion of the salmon, 1 diced avocado, 1 diced peach, 1 cup shredded green cabbage, 2 thinly sliced zucchini or yellow squash, 3 tbsp toasted unsalted pumpkin seeds, 1½ cups shredded purple cabbage, ¼ cup diced red onion, 3 tbsp finely chopped fresh basil, 1 tsp fresh lemon zest, salt and pepper, to taste. Drizzle with juice of 1 large lemon.

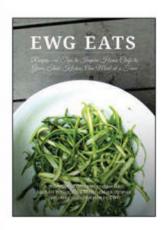
benefit Wild salmon is abundant in omega-3 fatty acids, which help ward off inflammation. The fresh peaches in this dish are a good source of vision-supportive vitamin A as well as fiber, which aids in digestion.



THE BOOK CLUB

BY LAURA SCHOBER

From plantbased fare to low-carb meals, these culinary reads are sure to shake up your recipe repertoire.



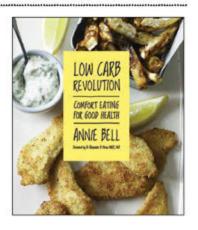
EWG EATS

In the Environmental Working Group's debut cookbook, *EWG Eats*, you'll find delicious, mainly plant-based recipes from chefs, cookbook authors, health experts and writers including Michael Pollan, Alice Waters, Andrew Weil, MD, and Mark Bittman. Peppered

with resourceful cooking and grocery-shopping tips for the home cook, *EWG Eats* takes you through mouthwatering mains, salads, breakfasts and desserts using the cleanest ingredients. Complete with a shopping guide of the "Dirty Dozen" and "Clean Fifteen" lists of the cleanest and dirtiest, pesticide-laden produce, this cookbook is just as much a healthy-eating resource as it is a trove of satisfying recipes. To purchase the e-book by donation, visit **ewg.org/cleaneatingpdf**. (Environmental Working Group, \$10 minimum donation)

LOW-CARB REVOLUTION: COMFORT EATING FOR GOOD HEALTH

With a boatload of recent studies pointing to the health benefits of a low-carb, high-fat diet (see "How We Got the Fat Thing All Wrong" on p. 48), Low Carb Revolution brings the food to the forefront. Author Annie Bell's cookbook contains 140 low-sugar and low-carb recipes amidst chapters such as "Burger Bar" and "The Salad Counter." The use of lean and free-range protein is commendable, such as in the Hearty Lamb Ragu and Provençal Pot Roast with Pistou. Creamy and comforting vegetable mashes such as the savory Carrot and Rutabaga Mash or delicate Cauliflower Mash will make you rethink



your typical mashed potato recipe. Although vegetable oil is frequently used, easy swaps can be made with clean cooking oils such as safflower or grape seed. With so many crowd-pleasing recipes, Bell makes transitioning to and maintaining a low-carb diet ever so easy and delicious. By Annie Bell (Kyle Books, \$23)



Out of buttermilk?

Make your own in a pinch by adding 1 tablespoon lemon juice or white vinegar to 1 cup whole milk. Let stand for 5 to 10 minutes before using.



that getting a good night's sleep can do for your brain what eating clean does for your body. In fact, getting enough shuteye may even réduce your risk of Alzhéimer's disease and other neurological disorders. A 2013 study conducted by researchers at the University of Rochester Medical Center found that the flow of cerebrospinal fluid in the brain increases significantly during sleep, which in turn flushes away harmful toxins that accumulate in brain cells during the day. In the study, researchers injected mice with an Alzheimer's-related protein then measured how long the protein remained in the mice's brains while they were asleep or awake. The results were promising: The protein disappeared faster in the brains of mice who were sleeping than in the mice that were awake, suggesting sleep is key for "washing" toxic molecules from the brain. While further study in humans is needed, the findings are yet another reason why being well rested can help keep your brain healthy. You can prime yourself for a relaxing sleep by taking a hot bath or reading a book beforehand. Aim to get 7 to 9 hours of sleep a night.



Got a food question? We have the answers.

What is the difference between glycemic index and glycemic load?

A Both the glycemic index (GI) and glycemic load (GL) offer information about how carbohydrate-rich foods affect blood sugar and insulin levels. People with diabetes, insulin sensitivity or hypoglycemia are often counseled about the impact of food on their blood sugar level. The GI is a ranking of how much a carbohydrate-containing food will raise your blood sugar and insulin levels, based on a scale of 0 to 100. Generally, the more processed and refined the food is, the higher its GI. Other factors that influence the GI include the cooking method and the protein and fat content of the food. A more specific ranking system for carbohydrate-rich food is the glycemic load (GL), which factors in the serving size of a food. A food's GL is determined by multiplying its GI by the amount of carbohydrates it contains. Therefore, a food with a high GI can have a low GL, making the GL a more accurate tool to use.

Is it true that some teas are toxic?

There are many benefits to tea: Studies show that the antioxidants found in tea may help lower blood pressure, total and "bad" LDL cholesterol, inflammation, insulin resistance and oxidative stress. But now we are learning that there's a dark side to tea. Most tea is not washed before it's bagged, leaving a high amount of pesticide residue on the leaves. Many companies also add artificial or natural flavorings to their teas. However, natural flavorings often contain soy lecithin, which is usually made from genetically modified soy. The paper tea bags that tea leaves are packed in are usually treated with epichlorohydrin, which breaks down into a known carcinogen, while silk bags are typically made from plastic, which break down in hot water. Instead, buy unbleached, 100% biodegradable natural fiber organic tea bags or organic, loose tea leaves, with no added flavorings, and steep them in a stainless steel or glass strainer. Peruse CE's top picks for toxin-free teas on page 57.

Registered dietitians Tiffani Bachus and Erin Macdonald are the co-founders and creators of URockGirl.com, a website dedicated to promoting wellness and a healthy, balanced lifestyle.



Cancer-**Protective Flavonoids**

If you always start your day with a hot cup of

BY LAMBETH HOCHWALD

tea, your morning ritual may be benefiting your health in a surprising Way. A new study, conducted by researchers at the University of East Anglia in the UK, suggests that consuming foods rich in flavonols, such as black tea, apples and grapes, and flavanones, such as citrus fruits, may be associated with a lower risk of ovarian cancer. "Notably, a 32% lower risk of incidence was found in women who habitually drank black tea at amounts greater than one cup per day," says Debrah Harding, ND, a naturopathic oncology provider at the Cancer Treatment Centers of America. "Also reported was that flavanones in oranges and orange juice appeared to have a correlation with reduced risk of invasive and poorly differentiated ovarian tumors." For now, researchers agree that additional studies are needed to confirm these findings. "This study is potentially good news for women as it highlights a dietary intervention that's easy and tasty," says Harding. "Many women may already be including these things in



chew on this

their diet."

Use your chef's knife to peel garlic faster: Remove cloves from the bulb; then, using the flat side of a chef's knife and the heel of your hand, carefully smash each clove by crushing down with force. The skin will fall right off, leaving you with garlic that's ready for any cooking task.

NO CHEMICALS, PROPELLANTS OR HARMFUL ADDITIVES











To Detox or **Not To Detox?**

Detoxing has become a trend so prevalent in today's health-conscious climate, we forget that it also occurs naturally on a daily basis as part of the body's own toxin-removal system. Rachel Corradetti, BSc, ND, explains how a naturopath-led detox can fit into a Clean Eating lifestyle.

TOSCA Why do I need to detox if my body can already do this on its own?

DR. CORRADETTI It's true, the body is already capable of this process. However, we are exposed to external and internal toxins daily through the air we breathe, food we eat, substances we drink and medications we take. Our body is constantly detoxifying these products by the synergistic actions of a number of organs and systems.

The trick is, these systems must function properly for ultimate health. Sometimes toxins are not eliminated efficiently, so the body gets bogged down - whether it's through constipation, decreased water intake, stress, poor food choices, lack of exercise, increased alcohol use, heavy chemical exposure or medication use. In a clean-eating lifestyle, your body is less likely to experience heavy accumulation of toxins, therefore an intense detoxification protocol may not be necessary, but a gentle biannual tune-up can still be useful.

When is the best time to do a detox?

Transitional seasons are the best time for detoxifying – think spring and fall.

What can I expect from a detox?

A couple of things we often see right away that may not feel wonderful are headaches, runny nose, sugar cravings and fatigue. For the most part, these are good signs that the body is functioning properly. Beyond the first and second week of a detox, you can expect to see sugar cravings dissipate, more energy, weight loss, a more moderate and balanced body temprature, regular bowel and bladder movements, reduced bloating and reduced headaches. Some people may experience better stress management.

How should I prepare for a detox?

C Having all pathways of elimination open is crucial. Toxin removal occurs via the intestines, liver, kidneys, blood, skin, lungs and lymphatic system. At the most basic level, if you're not sweating, urinating or defecating regularly then you are not eliminating toxins from your body. By ensuring that these pathways are open, you will actually be able to move toxins out of the body. This basic understanding is one of the main reasons detoxifications may not be good for everyone. It's also important to understand how to support a detox plan with the correct supplements, botanicals, hydrotherapy and lifestyle changes, including an emphasis on eating clean. These should only be prescribed by a professional, like a naturopathic doctor.



Is there anyone who shouldn't detox?

Yes. Children, the elderly, pregnant women and anyone with liver disease, cancer, eating disorders, chronic fatique, diabetes or those recovering from surgery should not embark on a detox.

Is a detox meant to be severe?

All detoxes are meant to be gentle. In fact, we'll often encourage people to reduce their exercise, and spend more time on yoga, saunas and meditation rather than pounding out the weights in the gym. If you're running to the bathroom every 5 minutes, you should stop. Call an ND or medical professional – this is not normal.

Anything else you feel is important?

I You can support your body's natural detox process by eating clean, exercising and by getting plenty of rest. We like to think of a detoxification in 3 steps: 1) eliminate, 2) replenish and 3) eat soup – as in Change of Season Soup! You can learn more about these three steps and get the recipe for the Change of Season Soup on our blog, clinicintrinsic.com/blog.

When nutritional therapy practitioner Tosca Reno was raising five children under one roof she still managed to write numerous books. Her New York Times best seller is Your Best Body Now (Harlequin, 2010), and Tosca Reno's Eat Clean Cookbook (Robert Kennedy Publishing, 2009) was nominated for the prestigious Gourmand World Cookbook Award. Order copies of her books at toscareno.com.

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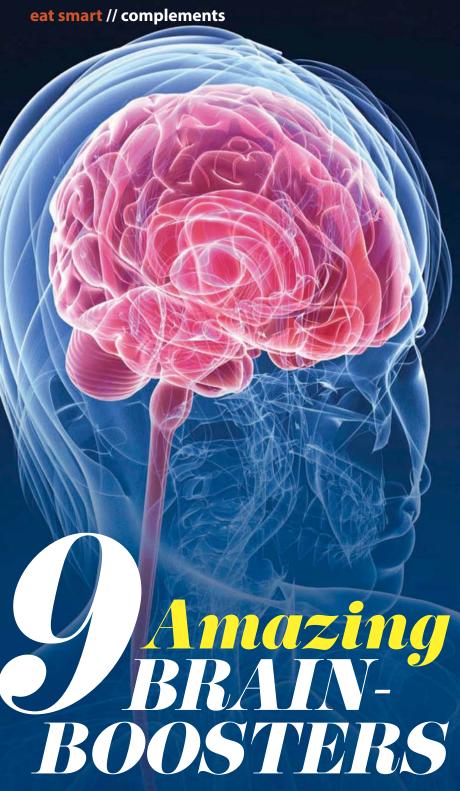
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Fire up brainpower with science-proven foods and nutritional aids shown to support a clear and focused head.

BY SARAH TUFF





Omega-3 fatty acids

The Lesson: You know that DHA omega-3 fatty acid is good for the brain, but do you know why? Groundbreaking research from Duke-NUS Graduate Medical School Singapore reveals that a critical transporter protein, Mfsd2a, carries the dietary nutrient to the brain, which then turns over DHA faster than other fatty acids for functional development. That makes it easier for scientists to determine the best way to add DHA into food, as published online in the journal Nature in May 2014.

A-Plus Action: Find naturally occurring omega-3 fatty acid in food sources such as wild salmon, or supplement with fish oil.



Vinegar

The Lesson: If you think it's smart to stash your pantry with different types of vinegar, you're right, but for more reasons than you might think. A new review article in the Journal of Food Science highlights how "vinegar consumption might improve cognitive function in humans"; scientists hypothesize that its bacteria promote growth of new neurons in the brain.

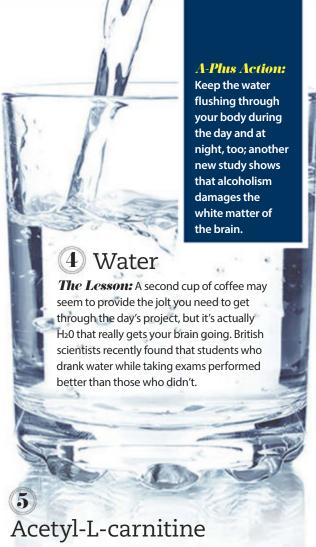
A-Plus Action: Make your own salad dressing with vinegar, water, herbs and olive oil.



Chocolate

The Lesson: Yes, it's true that chocolate helps your brain, but not the kind that's coating for processed foods. A new report from the University of California, San Diego shows that diets heavy in trans fats actually hurt your memory. The flavanols in raw cocoa, meanwhile, were recently shown to stave off the memory loss that can accompany aging.

A-Plus Action: Stick to a daily square of the purest dark chocolate you can find, or sip unadulterated hot cocoa like Clean Choice Award winner Choffy on page 57.



The Lesson: Your body naturally produces this amino acid that helps increase energy production. In recent years, however, acetyl-L-carnitine (ALCAR) supplements have been used to treat depression and Alzheimer's disease, with some indications it may help memory and aging brains. That's because of the way it works with your dopamine receptors, according to research in the Journal of Neuroscience Research.

A-Plus Action: Find ALCAR in pills or powder, but talk to your health care provider before taking the supplement.

6 Vitamin E

The Lesson: A Swedish and Italian study has found that the higher the level of vitamin E in your blood, the lower your risk of developing dementia.

A-Plus Action: Seek vitamin E in leafy greens, nuts, seeds and olive oil, or talk to your doctor about taking supplements.



The Lesson: Indian or Chinese takeout tonight? Go for the former, or better yet, make it yourself (search "Indian" on cleaneating. com). Curcumin, an active component of turmeric (a pungent herb used in curry), has been shown to reduce inflammation in nerve cells, leading scientists in the Annals of Indian Academy of Neurology to suggest it may lead to "a promising treatment for Alzheimer's disease." Another study, in Stem Cell Research & Therapy, shows that turmeric can support regeneration in neurologic disorders.

A-Plus Action: Toss airpopped popcorn with curry powder, and add the spice to soups, stews and even scrambled eggs.

Huperzine A

The Lesson: Can moss really help your memory? That's what Acta Pharmacologica Sinica, the official journal of the Chinese Pharmacological Society, indicates in a study of the moss-derived alkaloid known as huperzine A. Researchers report that it can help protect the brain and slow down cognitive decline.

A-Plus Action: Discuss huperzine A with your health care provider before reaching for the supplement, which is available as overthe-counter pills.



The Lesson: This is a micronutrient that's essential for everyday cellular work, but it's also critical to brain development and memory function, according to a study in The Journal of the American College of Nutrition.

A-Plus Action: Add more shrimp, eggs, collard greens and broccoli to your culinary repertoire; all these foods are very good sources of choline.



YOUR RESIDENT **FOODIE** JULIE O'HARA

A Healthy, Hearty Twist on Fettuccine Alfredo

Perhaps you thought it couldn't be done, but we've remade this savory, saucy classic into a nutrient-packed one-dish meal.

BY JULIE O'HARA, PHOTOGRAPHY BY LAURA WRIGHT

ream sauce. These two words have struck terror in the hearts of healthy eaters for decades. We avoid it on restaurant menus, and nibble around it at dinner parties and holiday feasts. When this sauce is accompanied by vast quantities of white pasta, it really is a scary situation, nutritionally speaking. In the name of welcoming a classic dish like fettuccine Alfredo back into your life, let me explain how I fixed this potential diet disaster.

From Energy Zapper to Fit Fuel

Long-time readers of this column know there's nothing I love more than kicking aside refined, white starches in favor of whole-grains. Refined starches like white pasta overload your system with simple sugars, quickly raising blood sugar. This spike is followed by a slump, leaving you low on energy and hungry for more fuel. Whole grains, on the other hand, are not as quickly absorbed, keeping you sustained for longer. I also reduced the amount of pasta (to less than 2 oz dry pasta per person) compared to many classic recipes, for a more balanced meal. Over time, opting for whole grains (in moderation, of course) helps reduce your risk of cardiovascular disease, type 2 diabetes and high blood pressure.

The whole-grain fettuccine was a given, but I knew I could do more to

turn this classic dish into a complete, well-rounded meal. I added a colorful, hearty mix of fresh vegetables, which contribute antioxidants and help fill you up on more than pasta alone. And since nothing satiates quite like protein, I also added grilled chicken, which I love to cook in bulk and keep on hand for meals like this.

A Better Way to Do Dairy

Traditional recipes can call for over 2 cups of heavy cream, as well as a whole stick of butter. Fat itself won't undermine a healthy diet, but when a single serving is over 750 calories, it's time to rethink tradition. Instead of calorie-dense cream, I used whole milk thickened with a roux, a combination of melted butter and whole-wheat flour. I chose organic, grass-fed dairy because it's free of pesticides and hormones. It also packs more nutrients than traditional dairy.

With a little creativity and some simple changes, this seemingly forbidden classic doesn't look quite so frightening. The smooth, creamy sauce is never too heavy (the trick is using the pasta cooking water to adjust the thickness; it also keeps the sauce from getting clumpy, even when it cools), and the whole grains, veggies and chicken add up to a flavor-packed, one-dish meal. Now, fettuccine Alfredo is a casual, everyday classic that won't weigh you down.

PERFECT **PASTA**

If you've ever eaten a bowl of mushy spaghetti, you know making pasta isn't that simple. Follow our tips below and figure out that al dente thing once and for all!

TIME IT: Wait until water is at a rolling boil before adding pasta. Stir to submerge and break up clumps, cover and return to a boil. Once boiling resumes, start the timer, then cook uncovered.

STIR IT UP: It's most important to stir pasta early on to keep it from sticking. Stir 2 or 3 times in the first couple of minutes, then every few minutes until it's done.

KNOW AL DENTE: Test pasta 1 to 2 minutes before the end of cook time. The center should be opaque and when you take a bite, you'll notice a slightly firm texture.

DON'T ADD OIL: It's a myth that oil keeps pasta from sticking. What it will do is make the surface of noodles slick, so sauce won't adhere as well.

(ALMOST) NEVER **RINSE:** Rinsing washes away the outer layer of starch, which absorbs the sauce. Only rinse when you're making a cold pasta salad.

As a seasoned writer and recipe developer, CE's Resident Foodie Julie O'Hara has delved into everything from restaurant reviews of tasty travel hot spots to offering up her insider tips for preparing a deliciously clean turkey dinner. Her work has also graced the pages of Shape, National Geographic Traveler, SELF and Vegetarian Times. Plus, she blogs about cooking!

aminglingoftastes.com

A Veggie-Full Fettuccine Alfredo

WITH GRILLED CHICKEN

YOU SAVE: 190 CALORIES, 32.5 g TOTAL FAT YOU GAIN: 6 g FIBER, 18.5 g PROTEIN

SERVES 4. **HANDS-ON TIME:** 40 MINUTES. **TOTAL TIME:** 40 MINUTES.

INGREDIENTS

- 1 tbsp olive oil, divided
- 8 oz thin asparagus, trimmed and cut into 2-inch pieces
- 13/4 cups peeled and matchstick-cut carrots
- 1/2 tsp fresh ground black pepper, divided
- 1/4 tsp sea salt, divided
- 10 oz grape tomatoes, halved (about 1¾ cup)
- · 2 small shallots, thinly sliced
- 1/2 tsp dried thyme
- 7 oz whole-grain fettuccine
- 1 tbsp organic unsalted butter
- 2 cloves garlic, finely chopped
- 2 tbsp white whole-wheat flour (TRY: King Arthur's White Whole Wheat Flour)
- 1½ cups whole milk
- 1/8 tsp ground nutmeg
- 3 oz Parmesan cheese, grated (about ¾ cup packed), divided
- · Zest of 1 small lemon
- 8 oz grilled or broiled boneless, skinless chicken breasts, sliced
- 2 tbsp chopped fresh chives (TIP: If chives aren't available, try fresh thyme, tarragon, parsley or basil instead.)

INSTRUCTIONS

ONE: In a large skillet on medium-high, heat ½ tbsp oil. Add asparagus and cook, stirring frequently, until lightly browned, 2 to 3 minutes. Add ½ cup water, bring to a simmer and cook for 1 minute. Add carrots, 1/4 tsp pepper and 1/8 tsp salt; continue cooking, stirring occasionally, until vegetables are crisp-tender, 5 to 7 minutes. Transfer to a medium bowl. Add remaining ½ tbsp oil to skillet, still on

medium-high. Add tomatoes, shallots, thyme, remaining $\frac{1}{4}$ tsp pepper and $\frac{1}{8}$ tsp salt; cook, stirring frequently, until tomatoes soften slightly, about 3 minutes. Transfer to bowl with asparagus mixture and set aside.

TWO: Bring a large pot of water to a boil. Add pasta and cook until al dente according to package directions. Before draining, ladle about 1 cup pasta cooking water into a heat-proof measuring cup and set aside. Return pasta to pot, off the heat.

THREE: Meanwhile, in a medium saucepan on medium, melt butter. Add garlic and cook, stirring constantly, until fragrant, about 1 minute. Add flour and stir until completely absorbed, about 1 minute. Grab a whisk and slowly pour in milk as you whisk. Increase heat to high and whisk almost constantly, breaking up any clumps of flour, until milk comes to a simmer. Add nutmeg. Reduce heat to medium-low and simmer, whisking frequently until slightly thickened (consistency should be similar to heavy cream), 3 to 4 minutes. (TIP: If you're not ready to use the sauce immediately, turn off the heat and cover the pan to prevent a skin from forming.)

FOUR: To pasta in pot, add sauce and about 1 oz cheese; stir until pasta is well-coated. Stir in about ¼ cup reserved pasta cooking

water to loosen sauce and keep texture creamy. Add additional water in ¼ cup increments to reach desired consistency. Stir in vegetables and lemon zest. Divide among serving bowls and sprinkle evenly with remaining 2 oz cheese. Top with chicken and chives.

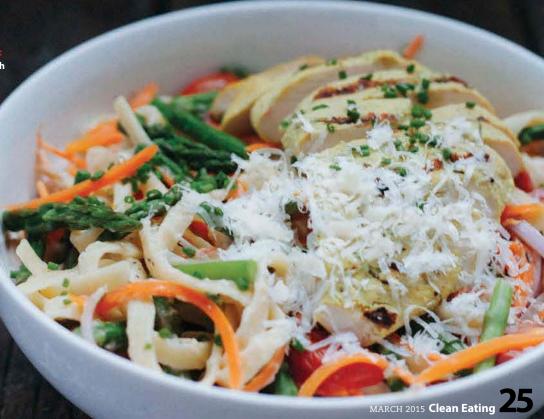
Nutrients*: THEN AND NOW

Compared with traditional fettuccine Alfredo**:

Nutritional Facts	THEN	NOW
Calories	717	527
Total Fat (g)	51	18.5
Sat. Fat (g)	30	8.5
Carbs (g)	45	55
Fiber (g)	2	8
Sugars (g)	3	11
Protein (g)	20	38.5
Sodium (mg)	699	575
Cholesterol (mg)	192	84

*Serving size is 1½ cups pasta and about ½ cup chicken

The fettuccine Alfredo used for comparison is the Alfredo Fettuccine on **food.com





SUPER Time-Saving SUPPERS

RECIPES BY JULIE O'HARA, PHOTOGRAPHY BY GIBSON & SMITH

SHRIMP, MANGO &
BLACK BEAN SALAD (SEE RECIPE, P. 32)

26 Clean Eating MARCH 2015



We've got you covered with these speedy suppers.

KIMCHI FRIED RICE (SEE RECIPE, P. 30)

Improve gut heafth: A traditional Korean dish made of

fermented cabbage, onions and garlic, kimchi contains lactobacilli, healthy bacteria that has been shown to support the immune system.



Herby **Chicken Kebabs**

WITH OI IVE-STUDDED OR70

HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 25 MINUTES.

Bring a little taste of the Mediterranean home tonight with these easy herbed chicken skewers served with saucy, olive-studded orzo.

INGREDIENTS:

- 1 tbsp olive oil
- · 2 tsp chopped garlic
- ¼ to ½ tsp red pepper flakes, or to taste (TRY: Simply Organic Crushed Red Pepper)
- 2 141/2-oz BPA-free cans unsalted diced tomatoes
- 1½ cups whole-wheat orzo
- 1/4 plus 1/8 tsp sea salt, divided
- ¾ tsp fresh ground black pepper, divided
- 12 boneless, skinless chicken tenders (about 11/4 lb)

- · Olive oil cooking spray
- · 1 tbsp unsalted Mediterranean herb blend
- ½ cup pitted Kalamata olives, chopped
- 2 oz crumbled feta cheese
- ¼ cup fresh mint leaves, chopped

EQUIPMENT:

4 metal skewers

INSTRUCTIONS:

ONE: Arrange oven rack about 6 inches from top heat source and preheat broiler to high. In a large skillet on medium, heat oil. Add garlic and pepper flakes and cook, stirring frequently, until fragrant, about 1 minute. Add tomatoes and 2 cups boiling water. Increase heat to high, cover and bring to a boil. Add orzo, 1/8 tsp salt and 1/4 tsp black pepper and stir to combine. Reduce heat to medium-high and simmer, uncovered, for 8 minutes, stirring occasionally. Reduce heat to medium-low, cover and continue simmering until orzo is al dente, 4 to 6 minutes more, stirring occasionally.

TWO: Once orzo is simmering, thread 3 chicken tenders on each of 4 metal skewers and place on a large rimmed baking sheet. Mist with cooking spray and sprinkle with herb blend, remaining 1/4 tsp salt and remaining ½ tsp black pepper. Broil for about 8 minutes, turning once, until no longer pink in thickest part and temperature reaches 165°F on an instant-read thermometer. (TIME-SAVING TIP: Chop olives and mint while chicken and orzo are cooking.)

THREE: To orzo, stir in olives. Divide among serving plates and sprinkle with cheese. Top each with 1 skewer and sprinkle with mint.

NUTRIENTS PER SERVING (11/2 CUPS ORZO AND 1 CHICKEN SKEWER):

CALORIES: 522, TOTAL FAT: 14 g, SAT. FAT: 4 g, MONOUN-SATURATED FAT: 7g, POLYUNSATURATED FAT: 2g, CARBS: 59 g, FIBER: 7 g, SUGARS: 8 g, PROTEIN: 42 g, SODIUM: 573 mg, CHOLESTEROL: 91 mg



Mexican Chicken & Cheesy Tortellini Soup

SERVES 4.
HANDS-ON TIME: 20 MINUTES.
TOTAL TIME: 20 MINUTES.

Queso fresco tops this soup packed with sliced chicken breasts and cheesy, wholewheat tortellini.

INGREDIENTS:

- 1 14½-oz BPA-free can unsalted diæd tomatoes
- · 4 cups low-sodium chicken broth
- 1 9-oz package fresh whole-wheat cheese tortellini
- ¾ lb boneless, skinless chicken breasts, thinly sliced
- 11/2 cups frozen corn kernels
- Juiœ of 1 lime
- ½ cup fresh cilantro (leaves and thin stems), chopped
- 1/2 tsp fresh ground black pepper
- · 2 ozqueso fresco cheese



INSTRUCTIONS:

ONE: To a large saucepan, add tomatoes and broth; cover and bring to a boil. Add tortellini and return to a boil. Reduce heat to medium-high, cover and cook for 5 minutes, stirring occasionally. (TIME-SAVING TIP: Chop cilantro and slice chicken while tortellini simmers.) To saucepan, add chicken and return to a boil. Cover and simmer until chicken is cooked through, about 3 minutes, stirring occasionally.

TWO: Add corn and stir until heated through, about 30 seconds. Remove from heat and stir in lime juice, cilantro and pepper. Divide among serving bowls and crumble cheese evenly over top.

NUTRIENTS PER SERVING (13/4 CUPS):

CALORIES: 460, TOTAL FAT: 14 g, SAT. FAT: 5 g, MONOUN-SATURATED FAT: 2 g, POLYUNSATURATED FAT: 1 g, CARBS: 45 g, FIBER: 7 g, SUGARS: 8 g, PROTEIN: 38.5 g, SODIUM: 519 mq, CHOLESTEROL: 111 mq







Kimchi **Fried Rice**

WITH TEMPEH

SERVES 4. HANDS-ON TIME: 25 MINUTES. **TOTAL TIME:** 25 MINUTES.

No need to call for delivery to get a veggiepacked, Asian-style fried rice - ours tastes just as good and can be ready in 25 minutes. Plus, we've added fermented kimchi and tempeh, both of which contain gutfriendly probiotics.

INGREDIENTS:

- · 1 tbsp safflower oil
- · 8 oz organic tempeh, cut into 1/2-inch pieces
- 1/4 tsp sea salt
- Olive oil cooking spray
- 3 cups frozen precooked brown rice (NOTE: Leftover brown rice can work here too, though it should be added a few minutes later. See instructions.)
- 1 cup frozen shelled edamame
- 1 cup peeled and matchstick-cut carrots
- · 2 large eggs
- · 4 tsp reduced-sodium tamari, divided
- 2 tsp dark sesame oil, divided
- · 1 cup drained and packed kimchi, roughly chopped
- · 2 tbsp chopped fresh chives

INSTRUCTIONS:

ONE: In a large skillet on medium-high, heat safflower oil. Add tempeh and salt; cook, stirring occasionally, until golden brown, about 4 minutes. Transfer to a small bowl and set aside.

TWO: Mist same skillet, still on mediumhigh, with cooking spray. Add rice, edamame and 3 tbsp water. Cook, stirring frequently, until rice and edamame are heated through and water is nearly evaporated, 2 to 3 minutes. Add carrots and continue cooking, stirring frequently, until tender, about 2 minutes. Reduce heat to mediumlow. (NOTE: If using leftover brown rice, add it at the same time as carrots, once water and edamame are heated through.)

THREE: In a medium bowl, whisk together eggs, 1 tsp tamari and 1 tsp sesame oil. (TIME-SAVING TIP: Whisk egg mixture while tempeh and rice are cooking.) Push rice mixture to edges of skillet, mist center of skillet with cooking spray and add egg mixture. When eggs just start to set, gently break them up and fold them into rice mixture until combined. Add tempeh and remaining 1 tbsp tamari; stir until combined. Remove skillet from heat and stir in kimchi and remaining 1 tsp sesame oil. Divide among serving bowls and sprinkle with chives.

NUTRIENTS PER SERVING (13/4 CUPS): CALORIES: 376, **TOTAL FAT:** 17 q, **SAT. FAT:** 3 q, **MONOUNSATURATED FAT:** 5 q, **POLYUNSATURATED FAT:** 7g, CARBS: 38g, FIBER: 5g, SUGARS: 3g, PROTEIN: 21 q, SODIUM: 569 mq, CHOLESTEROL: 93 mg





Sausage & Arugula Pita Pizzas

SERVES 4.

HANDS-ON TIME: 10 MINUTES.
TOTAL TIME: 15 MINUTES.

Your family will be surprised to find out that this pizza topped with peppery arugula, savory sausage and creamy ricotta didn't come from your local pizzeria.

INGREDIENTS:

- 4 whole-grain pitas (about 7-inch diameter) (TIP: If you're looking to cut carbs or sodium, you can use 2 whole-grain pitas and cut each in half horizontally.)
- ¾ cup unsalted tomato sauce

- 1 cup whole-milk ricotta cheese
- · 2 oz grated mozzarella cheese
- 2 all-natural Italian-style cooked chicken sausages, thinly sliced
- 2 cups baby arugula leaves

INSTRUCTIONS:

ONE: Arrange a rack in center of oven, about 8 inches away from top heat source, and preheat broiler to high. (**TIME-SAVING TIP:** Turn on the broiler before doing any other prep so that it's ready when you are.) On each pita, spread 3 tbsp tomato sauce all the way to the edges. Top evenly with dollops of ricotta, mozzarella, sausage and arugula.

TWO: Place pita pizzas on a large rimmed baking sheet and broil until sausage is heated through and mozzarella is lightly browned, 5 to 7 minutes, reversing position of baking sheet about halfway through.

NUTRIENTS PER SERVING (1 PITA PIZZA):

CALORIES: 291, TOTAL FAT: 17 g, SAT. FAT: 8 g, MONOUNSATURATED FAT: 6 g, POLYUNSATURATED FAT: 2 g, CARBS: 19 g, FIBER: 4 g, SUGARS: 2.5 g, PROTEIN: 24.5 g, SODIUM: 539 mg, CHOLESTEROL: 78 mg





INGREDIENTS:

- ¾ cup plus 2 tbsp fresh orange juice, divided
- ²/₃ cup whole-wheat couscous
- ¼ tsp sea salt
- 1/2 cup Greek yogurt (TRY: Nancy's Organic Whole Milk Probiotic Greek Yogurt)
- · 2 tbsp tahini paste
- · 115-oz BPA-free can unsalted chickpeas, drained and rinsed
- · 2 oz unsalted walnuts, chopped (about
- ½ cup packed fresh flat-leaf parsley (leaves and thin stems), chopped
- ½ cup dried unsweetened cherries, halved
- 20 to 24 Boston lettuce leaves (2 small or 1 large head)

couscous and salt. Cover and remove from heat. Let stand for 5 minutes. (TIME-**SAVING TIP:** Start the couscous before you prep the other ingredients.)

TWO: Meanwhile, in a small bowl, stir together yogurt, tahini and remaining 6 tbsp orange juice until combined. In a large bowl, combine chickpeas, walnuts, parsley and cherries. Fluff couscous with a fork and add to chickpea mixture. Stir gently to combine. Divide lettuce among serving plates and top each leaf with couscous mixture (alternatively, have each person assemble their own wraps at the table). Serve with tahini sauce on the side.

NUTRIENTS PER SERVING

(5 TO 6 LETTUCE WRAPS):

CALORIES: 457, TOTAL FAT: 18 q, SAT. FAT: 4 q, MONO-**UNSATURATED FAT: 3 g, POLYUNSATURATED** FAT: 9 g, CARBS: 62 g, FIBER: 11 g, SUGARS: 12 g, PROTEIN: 17 q, SODIUM: 168 mq, CHOLESTEROL: 5 mq

Strengthen bones: These satisfying wraps contain manganese-rich chickpeas. A trace mineral, manganese is necessary for bone health.



Shrimp, Mango & **Black Bean Salad**

WITH ORANGE VINAIGRETTE

SERVES 4.

HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 20 MINUTES.

A honeyed orange dressing adds sweet and tart notes to this veggie- and beanpacked salad with shrimp.

INGREDIENTS:

- 1 15-oz BPA-free can unsalted black beans, drained and rinsed
- 1 large mango, peeled and chopped
- 1/2 small red onion, thinly sliced
- 4 cups packed chopped romaine lettuce
- · 2 cups packed shredded red cabbage (TIME-SAVING TIP: Buy pre-chopped and shredded veggies.)
- · 1 lb frozen cooked medium shrimp, thawed

VINAIGRETTE

- · 3 tbsp safflower oil
- · 2 tbsp fresh orange juice
- · 4 tsp white wine vinegar
- 1 tsp Dijon mustard
- 1 tsp raw honey (TRY: Wholesome **Sweeteners Organic Raw Honey)**
- 1/4 tsp sea salt

INSTRUCTIONS:

ONE: Prepare vinaigrette: In a small jar with a tight-fitting lid, combine all vinaigrette ingredients. Shake vigorously, until emulsified. (Alternatively, whisk ingredients together in a medium bowl.)

TWO: In a large bowl, combine beans, mango, onion, lettuce and cabbage. Add dressing and toss well. Divide among serving plates and top evenly with shrimp.

NUTRIENTS PER SERVING (1/4 OF SALAD):

CALORIES: 381, TOTAL FAT: 11 q, SAT. FAT: 1 q, MONOUN-SATURATED FAT: 2g, POLYUNSATURATED FAT: 8g, CARBS: 38.5 q, FIBER: 8.5 q, SUGARS: 18 q, PROTEIN: 35 q, SODIUM: 303 mg, CHOLESTEROL: 214 mg

Fresh Fig and Avocado Smoothie + Udo's Oil

Serves 4 (makes 4 cups)

1 ripe avocado, chopped with seed removed

6-8 fresh figs, washed and quartered

- 1 lemon, peel and seeds removed
- 4 tbsp. Udo's Oil
- 2 1/2 cups water

handful of raw almonds

pinch of sea salt

pinch of cayenne (optional)

- Place all ingredients into blender and blend well;
- Pour into individual glasses and serve.

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light & fean lobs ter: With just 83 calories per 3-oz serving, cooked lobster is a light and lean choice for your clean-eating lifestyle. It's also replete with amino acids, potassium, B vitamins, calcium and magnesium, making it a nutrient-packed choice for lunch or dinner. Open-Faced Lobster Thermidor Sandwiches (SEE RECIPE, P. 44) MARCH 2015 Clean Eating 35





Breakfast Bread Pudding

SERVES 6. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 1 HOUR.

Orange-kissed bread pudding is topped with maple-glazed bacon for a breakfast you won't believe is only 313 calories.

INGREDIENTS:

- 2 tsp organic unsalted butter, room temperature
- 10 slices day-old whole-grain bread (about 10 oz)
- 5 large eggs
- Zest and juice of 1 large navel orange
- 1½ cups whole milk
- 5 tbsp pure maple syrup, divided
- 2 tsp pure vanilla extract
- · Olive oil cooking spray
- 4 1-oz slices all-natural turkey bacon, no added nitrates or nitrites, cut into 1/2-inch strips (TRY: Applegate Natural Turkey Bacon)

INSTRUCTIONS:

ONE: Preheat oven to 350°F. Grease a 9-inch square baking dish with butter. Rip bread slices into bite-size pieces and place in dish. In a large bowl, whisk together eggs, orange zest and juice, milk, 3 tbsp maple syrup and vanilla. Pour egg mixture over bread and lightly press down with a spoon until bread is covered and beginning to soak up egg mixture. Bake until mixture springs back when pressed lightly, about 45 minutes.

TWO: Meanwhile, mist a medium nonstick skillet with cooking spray and heat on medium-high. Add bacon and cook, stirring frequently, until crisp, about 4 to 5 minutes. Add 1 tbsp maple syrup and continue cooking until bacon is glazed and glossy looking, about 1 minute more.

THREE: Top pudding with bacon. Brush or drizzle remaining 1 tbsp maple syrup over top.

NUTRIENTS PER SERVING (1 CUP): CALORIES: 313, **TOTAL FAT:** 10 g, **SAT. FAT:** 4 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED** FAT: 2 g, CARBS: 37 g, FIBER: 4 g, SUGARS: 19 g, PROTEIN: 18 g, SODIUM: 403 mg, CHOLESTEROL:

Lemon Pork Schnitzel

WITH BRAISED SWEET & SOUR CABBAGE

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 40 MINUTES.

Juicy pork tenderloin is pounded thin and coated with panko for a crispy-on-the-outside, tender-on-the-inside dish. Serve with lemon wedges for added lemony goodness.

INGREDIENTS:

- · 2 tbsp olive oil, divided
- 2 1-oz slices all-natural turkey bacon, no added nitrates or nitrites, cut into ½-inch strips
- 1 tsp caraway seeds
- 4 cups shredded red cabbage
- 1 red apple (such as Gala), chopped into ½-inch chunks
- ½ cup apple cider vinegar (TRY: Bragg Organic Apple Cider Vinegar)
- 2 tbsp pure maple syrup
- 2 tbsp white whole-wheat flour
- ¼ tsp each sea salt and fresh ground black pepper
- 1 large egg plus 1 large egg white
- Zest of 1 lemon
- 1/2 cup whole-wheat panko bread crumbs
- 1 lb pork tenderloin, cut into 4 2-inch pieces then pounded to ¼-inch thickness

INSTRUCTIONS:

ONE: In a large skillet on medium-high, heat 2 tsp oil. Add bacon and caraway seeds and cook, stirring frequently, until golden, about 3 minutes. Add cabbage and apple and cook, stirring frequently, until cabbage just begins to soften. Add vinegar and maple syrup, stirring to combine. Cover and reduce heat to medium-low. Cook until cabbage is very tender, about 30 minutes.

TWO: Meanwhile, in a shallow dish, combine flour, salt and pepper. In a separate shallow dish, whisk egg and egg white together. In a third dish, combine lemon zest and panko.

THREE: Working with 1 piece at a time, dip pork into flour, turning to coat both sides, and shaking off excess. Dip into egg, turning to coat both sides, and allow excess to drip off. Lastly, dip into panko, turning to coat both sides and set on a large plate. Discard any remaining flour, egg and panko.

FOUR: In a second large skillet on mediumhigh, heat remaining 4 tsp oil. Working in batches if necessary, add pork and cook for 10 to 14 minutes, turning once, until golden brown and cooked through. Divide cabbage and pork among serving plates.

NUTRIENTS PER SERVING

(1 PIECE PORK AND ¾ CUP CABBAGE):

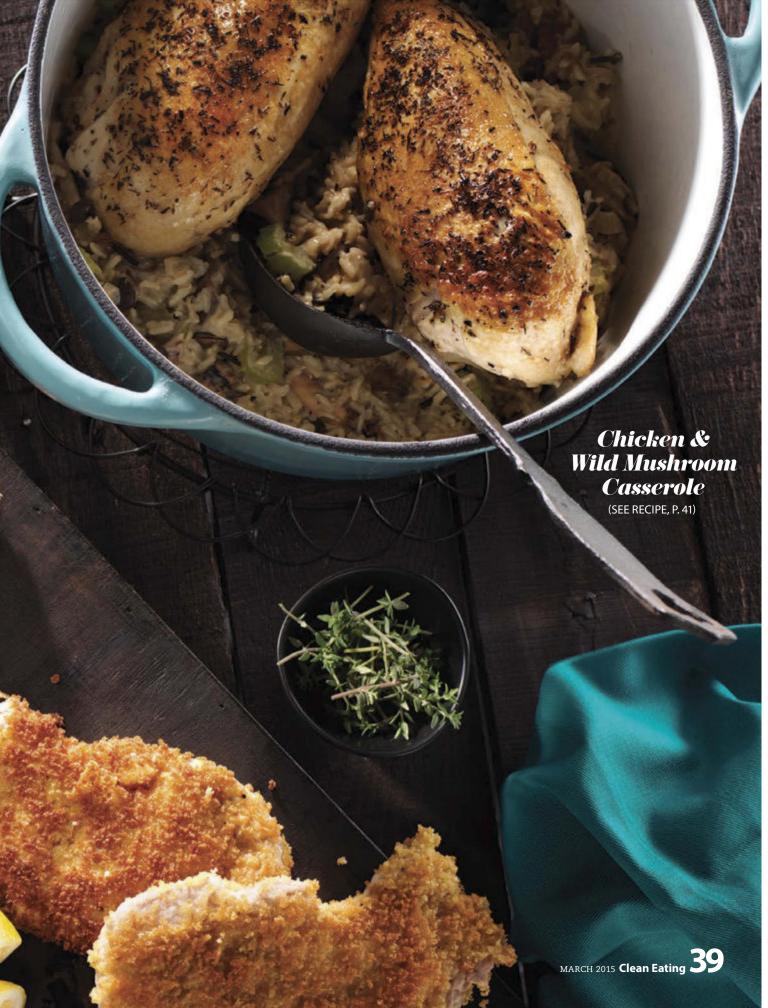
CALORIES: 327, TOTAL FAT: 12 g, SAT. FAT: 2 g,

MONOUNSATURATED FAT: 7 g, POLYUNSATURATED FAT:
2 g, CARBS: 26 g, FIBER: 4 g, SUGARS: 14,5 g, PROTEIN: 28 g,

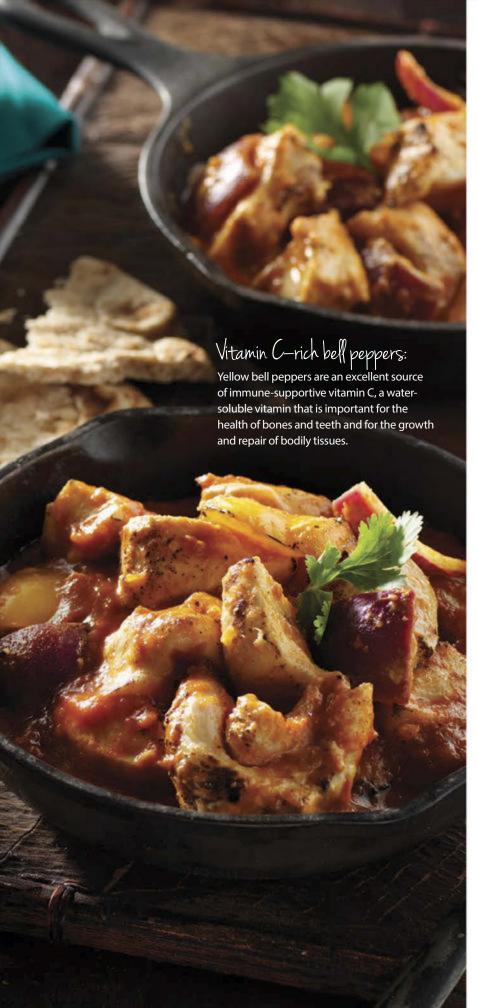
SODIUM: 313 mg, CHOLESTEROL: 107 mg

Free radical—fighting cabbage:

Red cabbage's bright hue is telling of its high levels of free radical–fighting anthocyanin pigments. In addition to cabbage's antioxidant properties, it's also richer in disease-protective glucosinolates than green cabbage. In studies, molecules of glucosinolates have been shown to exhibit anticarcinogenic activities.







Chicken & Wild Mushroom Casserole

SERVES 4. HANDS-ON TIME: 25 MINUTES. **TOTAL TIME:** 1 HOUR, 20 MINUTES.

This warm and comforting casserole pairs well with steamed broccoli or a green salad.

INGREDIENTS:

- · 2 tsp olive oil
- · 4 6-oz bone-in, skin-on chicken breasts
- 1/4 tsp each sea salt and fresh ground black pepper
- 1/2 tsp dried sage leaves, divided
- 1/4 tsp dried thyme leaves
- · 2 small shallots, thinly sliced
- 1 stalk celery, finely chopped
- 2 cups sliced wild mushrooms (such as cremini, chanterelle or shiitake)
- · 2 tbsp white whole-wheat flour
- · 1 cup low-sodium chicken broth
- 1/3 cup brown rice
- ¼ cup wild rice
- 1/4 cup half-and-half, optional

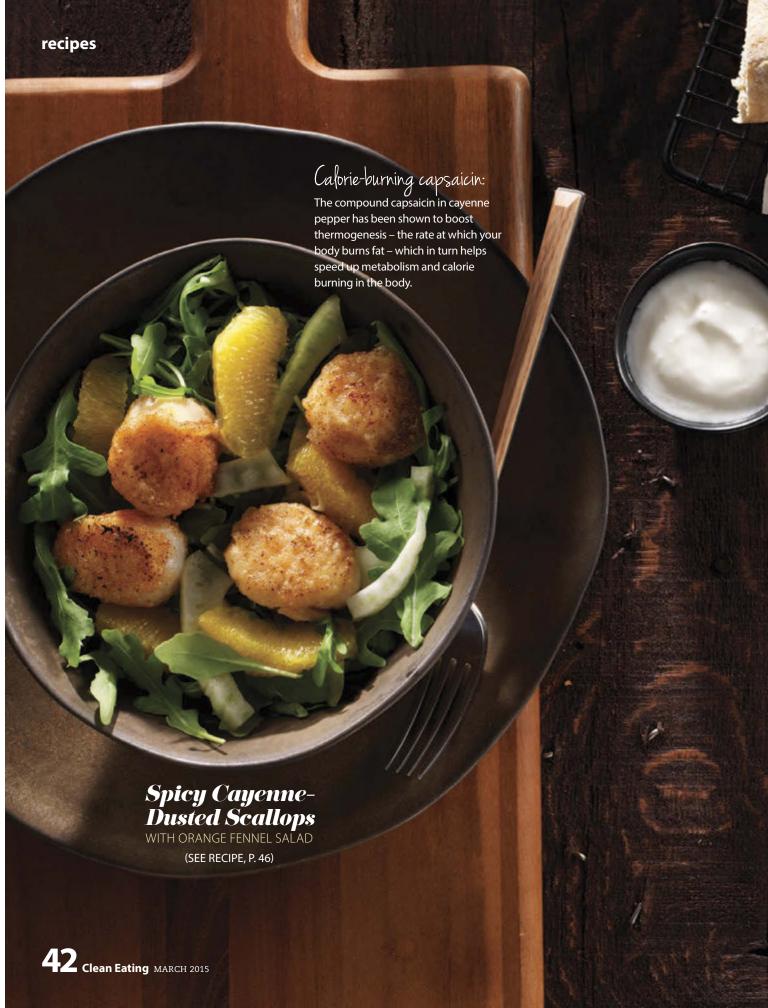
INSTRUCTIONS:

ONE: Arrange a rack in center of oven and preheat to 350°F. Meanwhile, in a large Dutch oven with a tight-fitting lid, heat oil on mediumhigh. Season chicken with salt, pepper, 1/4 tsp sage and thyme. Working in batches if necessary, sear chicken, skin side down first, for about 4 minutes per side, until golden brown. Transfer chicken to a plate and cover to keep warm. Reduce heat to medium.

TWO: To Dutch oven, add shallots, celery and remaining 1/4 tsp sage. Cook, stirring frequently until softened, about 2 minutes. Add mushrooms and cook, stirring frequently, until softened and lightly browned, about 2 minutes. Add flour and cook, stirring constantly for 30 seconds. Add broth and ½ cup water, and stir, scraping up any browned bits from bottom of pot. Bring to a simmer, then add rice and half-and-half (if using). Return chicken and any juices to pot, then cover and bake until rice is tender and chicken is no longer pink inside, about 45 minutes to 1 hour.

NUTRIENTS PER SERVING

(1 CHICKEN BREAST AND 1/4 OF RICE MIXTURE): CALORIES: 394, TOTAL FAT: 16 q, SAT. FAT: 4 q, ${\it MONOUNSATURATED FAT: 7\,g, POLYUNSATURATED\,FAT:}$ 3 g, CARBS: 28 g, FIBER: 3 g, SUGARS: 2 g, PROTEIN: 34 g, SODIUM: 242 mg, CHOLESTEROL: 87 mg





Open-Faced Lobster Thermidor Sandwiches

SERVES 4.
HANDS-ON TIME: 30 MINUTES.
TOTAL TIME: 35 MINUTES.

Lobster Thermidor is a creamy cooked lobster mixture that is typically stuffed into the lobster shell for serving – here the mixture tops whole-grain bread slices for a quicker twist on this classic dish.

INGREDIENTS:

- · Olive oil cooking spray
- 4 slices whole-grain country bread (4 oz total)
- 1 tbsp chopped fresh flatleaf parsley leaves
- 1 tbsp whole-grain bread crumbs
- 1 tbsp finely grated Parmesan cheese
- · 1 tbsp olive oil, divided
- 1 tbsp organic unsalted butter
- 1 shallot, thinly sliced
- 1 cup quartered button mushrooms
- 1½ tbsp white wholewheat flour
- 1/2 cup whole milk

- ¼ cup low-sodium chicken broth
- ½ cup shredded aged cheddar cheese
- 1/4 tsp ground cayenne pepper
- ¼ tsp each sea salt and fresh ground black pepper
- 12 oz cooked lobster meat, tail and claw preferably, chopped
- 1 large heirloom or regular tomato, thinly sliced
- · 2 cups baby arugula

INSTRUCTIONS:

ONE: Arrange a rack in upper third of oven and preheat broiler to high. Mist a large baking sheet with cooking spray and arrange bread on sheet.

TWO: In a small bowl, combine parsley, bread crumbs, Parmesan and 1 tsp oil. Set aside.

THREE: In a large saucepan on medium-high, heat remaining 2 tsp oil and butter. Add shallot and cook, stirring frequently, until softened, 2 to 3 minutes. Add mushrooms and cook, stirring frequently, until softened and golden brown, about 4 minutes. Add flour, and cook, stirring constantly for 45 seconds. Slowly add milk and broth,

stirring to combine. Bring to a simmer and cook until slightly thickened, about 1 minute. Remove from heat and stir in cheddar, cayenne, salt and black pepper. Add lobster, then set aside and cover to keep warm.

FOUR: Place bread slices under broiler for about 1 minute, turning once, until golden brown. Remove from oven and top each slice with tomato slices and lobster mixture, dividing evenly. Sprinkle parsley mixture over top, dividing evenly. Return to broiler and cook until topping is golden brown, about 2 to 3 minutes. Divide among serving plates and top with aruqula.

NUTRIENTS PER SERVING (1 SANDWICH):

CALORIES: 328, TOTAL FAT: 14 g, SAT. FAT: 6 g, MONOUNSATURATED FAT: 5 g, POLYUNSATURATED FAT: 1 g, CARBS: 23 g, FIBER: 4.5 g, SUGARS: 4 g, PROTEIN: 27 g, SODIUM: 667 mg, CHOLESTEROL: 151 mg

Moroccan Chicken Stew WITH ROASTED RED

SERVES 4.
HANDS-ON TIME: 25 MINUTES.
TOTAL TIME: 1 HOUR, 55 MINUTES.

Aromatic spices, zesty lemon and salty olives bring authentic Moroccan flavor to this easy-tomake stew

INGREDIENTS:

- 8 skinless, bone-in chicken thighs (about 2¼ lb total)
- ¼ tsp each sea salt and fresh ground black pepper
- 1 tbsp olive oil
- 2 shallots, thinly sliced
- 1 clove garlic, minced
- 2 tsp peeled and minced fresh ginger
- 2 tbsp white whole-wheat flour
- 1 pinch saffron threads
- 1 cinnamon stick
- 1 star anise
- 1 bay leaf
- 2 cups low-sodium chicken broth

- 3 oz green olives (about 9)
- · Zest and juice of 1 large lemon
- 34 cup quinoa, rinsed
- ½ cup finely chopped jarred roasted red peppers
- ¼ cup chopped fresh flat-leaf parsley leaves, divided

INSTRUCTIONS:

ONE: Season chicken with salt and pepper. In a large Dutch oven with a tight-fitting lid on mediumhigh, heat oil. Working in batches if necessary, add chicken and cook for 8 to 10 minutes, turning once, until golden brown. Transfer to a plate; cover to keep warm.

TWO: Reduce heat to medium, and to Dutch oven, add shallots, garlic and ginger. Cook, stirring frequently, until softened, 4 to 5 minutes. Add flour and cook, stirring constantly for 30 to 45 seconds. Add saffron, cinnamon, star anise, bay leaf and broth; stir, scraping up any browned bits from bottom with a wooden spoon. Return chicken and any juices back to pot and bring to a simmer. Cover and reduce heat to low. Simmer until chicken is tender, 50 to 60 minutes. Add olives, lemon zest and juice and continue cooking, covered, for 30 minutes more.

THREE: About 30 minutes before chicken is done, prepare quinoa: Cook quinoa according to package directions. Fluff with a fork, and stir in red pepper and 2 tbsp parsley.

FOUR: Using a slotted spoon, remove chicken and transfer to a plate; cover to keep warm. Increase heat to high and simmer sauce until reduced by half, about 10 minutes. Return chicken to pot, until reheated through. Serve over quinoa and garnish with remaining 2 tbsp parsley.

NUTRIENTS PER SERVING
(2 THIGHS AND ¼ OF QUINOA):
CALORIES: 398, TOTAL FAT: 13 g, SAT.
FAT: 3 g, MONOUNSATURATED FAT: 6 g,
POLYUNSATURATED FAT: 3 g, CARBS:
30 g, FIBER: 4.5 g, SUGARS: 1.5 g, PROTEIN:
38 g, SODIUM: 462 mg, CHOLESTEROL:
144 ma





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Spicy Cayenne-Dusted Scallops WITH ORANGE FENNEL SALAD

SERVES 4.
HANDS-ON TIME: 20 MINUTES.
TOTAL TIME: 25 MINUTES.

A lightly sweet salad complements spicy pan-seared scallops perfectly in this 25-minute meal.

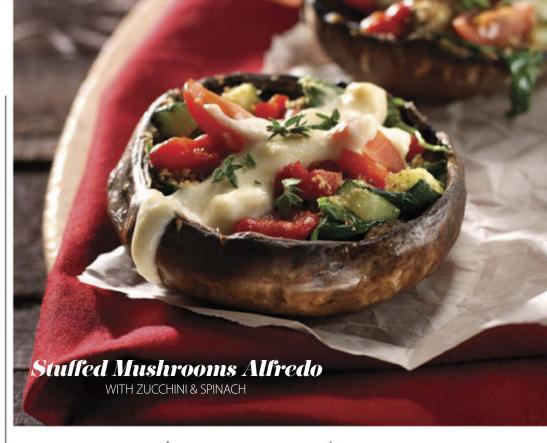
INGREDIENTS:

- 1 large orange
- ¼ cup olive oil, divided
- 2 tbsp champagne vinegar
- 1 tsp raw honey
- 1 bulb fennel, cored and thinly sliced
- 4 cups loosely packed baby arugula
- 3 tbsp potato flour
- 1 tsp ground cayenne pepper
- 1 lb sea scallops, muscle removed
- % tsp each sea salt and fresh ground black pepper

INSTRUCTIONS:

ONE: Using a sharp knife, slice off top and bottom of orange. Set orange on 1 sliced end and using downward strokes following the curve of the fruit, remove peel and pith and discard. Working over a large bowl to catch juices, gently cut between membranes and remove segments into bowl. Squeeze remaining membrane over bowl to release any juices. To bowl, add 2 tbsp oil, vinegar and honey, and stir. Add fennel then arugula over top. (NOTE: Wait until ready to serve before tossing.)

TWO: In a shallow dish, combine flour and cayenne. Dredge each scallop through flour mixture, flipping once, to coat. Discard remaining flour. In a large skillet on medium-high, heat 1 tbsp oil. Working in batches, cook scallops until well browned and firm, about 2 to 3 minutes per side, being careful not to overcook.



Add remaining 1 tbsp oil between batches. Toss salad and season with salt and pepper. Divide salad among serving plates and top with scallops.

NUTRIENTS PER SERVING
(4 SCALLOPS AND 1 CUP SALAD):
CALORIES: 247, TOTAL FAT: 11 g, SAT.
FAT: 2 g, MONOUNSATURATED FAT: 7.5 g,
POLYUNSATURATED FAT: 1 g, CARBS:
22 g, FIBER: 4 g, SUGARS: 8 g, PROTEIN: 16
g, SODIUM: 545 mg, CHOLESTEROL: 27 mg

Stuffed Mushrooms Alfredo

SERVES 6.
HANDS-ON TIME: 20 MINUTES.
TOTAL TIME: 35 MINUTES

A rich, velvety alfredo sauce is the star of these veggie-packed stuffed mushrooms.

INGREDIENTS:

- · Olive oil cooking spray
- 6 portobello mushrooms, stemmed
- · 2 tbsp olive oil, divided
- 2 cloves garlic, minced

- 1 zucchini, trimmed and cut into ½-inch cubes
- 2 cups baby spinach leaves
- 6 tbsp whole-grain bread crumbs
- ½ cup jarred roasted red bell peppers, finely chopped
- 12 grape tomatoes, halved
- 1 tbsp organic unsalted butter
- 1 tbsp white whole-wheat flour
- ¼ cup whole milk
- 1/4 cup crumbled goat cheese
- 2 tbsp fresh thyme leaves, optional

INSTRUCTIONS:

ONE: Preheat oven to 375°F. Line a large rimmed baking sheet with foil and mist with cooking spray.

TWO: Using a spoon, carefully remove mushroom gills and discard. Place mushrooms on prepared sheet, cap side down, and brush with 1 tbsp oil.

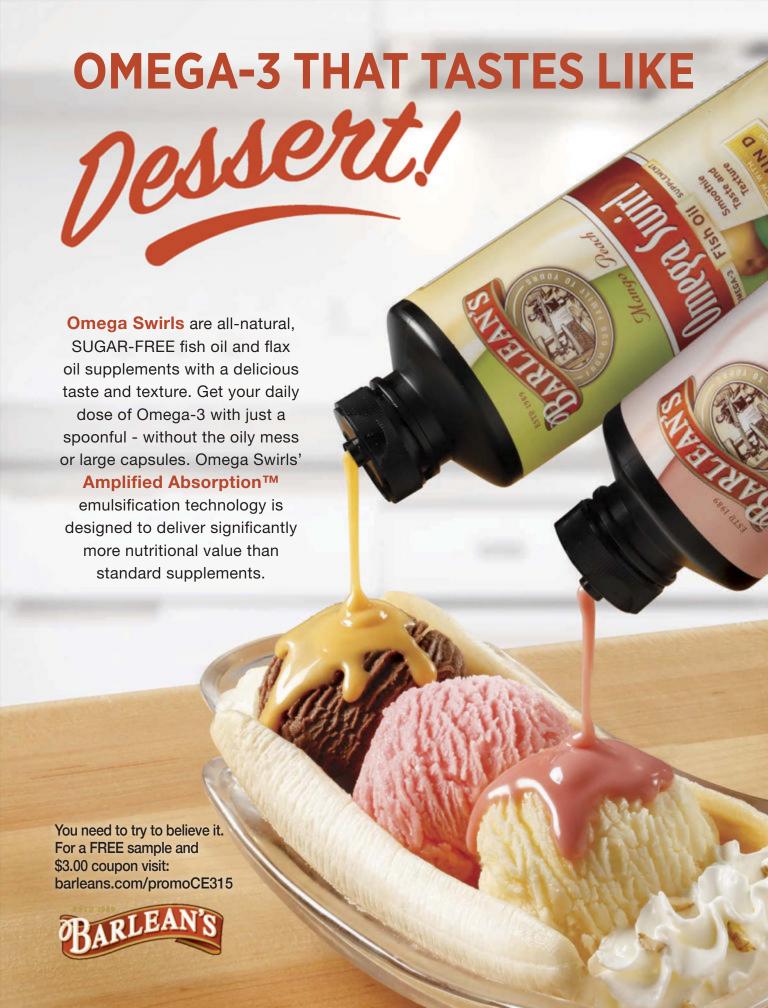
THREE: In a medium skillet on medium-high, heat remaining 1 tbsp oil. Add garlic and cook, stirring constantly, until fragrant, about 30 seconds. Add zucchini and cook, stirring frequently until golden, about 3 to 4 minutes.
Add spinach and cook, stirring
frequently, until wilted, about
1 minute more. Place spinach
mixture on top of each mushroom,
dividing evenly. Sprinkle each
mushroom with 1 tbsp bread
crumbs. Top with red peppers and
tomatoes, dividing evenly.

FOUR: Prepare sauce: In a small saucepan, melt butter over medium heat until foamy. Add flour and stir constantly for 30 to 45 seconds. Slowly add milk, stirring constantly and cook until slightly thickened, about 1 minute. Remove from heat and stir in cheese until melted.

FIVE: Divide sauce evenly between mushrooms and bake until mushrooms are softened and sauce is golden, about 15 minutes. Garnish with thyme (if using).

NUTRIENTS PER SERVING (1 STUFFED MUSHROOM):

CALORIES: 144, TOTAL FAT: 9 g,
SAT. FAT: 3 g, MONOUNSATURATED FAT:
4 g, POLYUNSATURATED FAT: 1 g,
CARBS: 13.5 g, FIBER: 4 g, SUGARS:
5 g, PROTEIN: 5 g, SODIUM: 99 mg,
CHOLESTEROL: 8 mg



Until recently, fat was considered the root of all dietary evil. It's been blamed — and in some quarters, continues to be blamed — for obesity, heart disease, diabetes and even cancer. But fat has quietly been making a comeback.

BY JONNY BOWDEN PHD, CNS

ALL WALLS OF THE STATE OF THE S

ounting evidence indicates we have been wildly, boneheadedly wrong about fat and its contribution to disease. And we've been particularly wrong about saturated fat. While sophisticated readers know that not all fat is bad, the notion that saturated fat may even be *good* for you is still hard to swallow given the message that's been drummed into our collective heads for decades.

The demonization of saturated fat can't really be discussed independently of the notion that cholesterol causes heart disease. After all, think about why you've been told to stay away from saturated fat. There's really only one reason: that it raises cholesterol. But a massive amount of evidence is pointing to the fact that cholesterol is not a major factor in heart disease, and that chasing lower and lower cholesterol numbers is actually causing problems rather than preventing them. If this is true — and I certainly believe it is — then the anti-fat dietary guidelines of the past several decades begin to collapse like a house of cards.

The idea that saturated fat and cholesterol have been wrongly blamed for our health problems is not new. Cholesterol skeptics, such as Uffe Ravnskov, MD, PhD, have been railing against the establishment on this issue since the 1990s. Dozens of books such as *The Cholesterol Myths*, *The Great Cholesterol Con* (there are actually two books with that title, one of which is authored by a respected Scottish physician,

Malcolm Kendrick, MD), The Cholesterol Conspiracy and others like it have been around for years. In fact, cardiologist Stephen Sinatra, MD, and I wrote a similar book, The Great Cholesterol Myth. Each of these books makes the case that we have been wrong not only about cholesterol, but about saturated fat, which has traditionally been known (along with trans fats) as the worst of the "bad" fats. Now, mainstream health professionals are beginning to suspect that we skeptics may have been right all along.

CONSIDER THE EVIDENCE

Researchers from the Children's Hospital Oakland Research Institute teamed up with researchers from Harvard University to do what's called a meta-analysis, which is a study of multiple studies. They looked at all previous published studies whose purpose was to investigate the relationship of saturated fat to risk of coronary heart disease (CHD), stroke or cardiovascular disease (CVD). These researchers weren't only interested in the effect saturated fat had on cholesterol, however. They also wanted to know the effect saturated fat had on disease. It's important to remember that high cholesterol and heart disease are not the same thing and that you can have one without the other.

In their meta-analysis, the researchers included 21 studies that met rigorous criteria for being well-designed, reliable and methodologically sound. The meta-analysis wound up including close to 350,000



subjects who were followed for between five and 23 years. Over this period of time, 11,006 of the subjects, or about 3%, developed CHD or stroke.

HERE'S WHAT THEY FOUND

How much saturated fat participants ate predicted absolutely nothing about their risk for cardiovascular disease. In the researchers' words, "Intake of saturated fat was not associated with an increased risk of coronary heart disease, stroke or cardiovascular disease." The folks consuming the most saturated fat were statistically identical to those consuming the least amount, at least when it came to predicting CHD, stroke or CVD. Saturated fat did bupkis - it didn't increase or decrease risk in any meaningful way.

So has the dietary advice been wrong all these decades?

There have been two major investigations into that very question in the past several years. The first, published in *The Netherlands Journal of Medicine*, was titled, "Saturated Fat, Carbohydrates and Cardiovascular Disease." Like the above-mentioned meta-analysis, its purpose was to examine the current

scientific data on the effects of saturated fat. Specifically, they were trying to answer the question, "Do the current recommendations make sense in view of the existing science?"

And the answer was, "Not so much."

Then, just last year, the low-fat dogma was given another knockout punch. First, researchers from Harvard performed a rigorous analysis of the data available on saturated fat and heart disease risk and published their findings in the prestigious Annals of Internal Medicine. Their verdict on saturated fat? Not guilty. (In an added blow to the dietary "wisdom" of the time, these same researchers saw no particular benefit for the vegetable oils we've all been told are so healthy.) "Current evidence does not clearly support cardiovascular guidelines that encourage high consumption of polyunsaturated fatty acids and low consumption of total saturated fat," they concluded.

That study was followed by another, also published in the *Annals of Internal Medicine*. This one compared the effects of a low-carbohydrate (high-fat) diet with the effects

of a low-fat diet. The result? "The low-carbohydrate diet was more effective for weight loss and cardiovascular risk factor reduction than the low-fat diet," the researchers concluded.

So what happened? How were we so mind-bogglingly, brain-numbingly wrong about fat for so many years? And how did this demon in the American diet begin its slow journey back to respectability? More to the point, what does this whole turnaround mean for you?

GLAD YOU ASKED

Back in the 1950s an American researcher named Ancel Keys, PhD, was looking for the connection between diet and heart disease. Keys was convinced that the connection was saturated fat and cholesterol.

Keys, a man who was by all reports a force of nature with enormous influence and power, presented a paper at a World Health Organization (WHO) conference in 1955. He showed data from six countries (Japan, Italy, England, Australia, Canada and the US) that purported to show a direct relationship

between the percentage of fat in the diet and the rates of degenerative heart disease.

There was only one problem. At the time of Keys' presentation, he actually had data on heart disease and fat consumption for 22 countries. Keys simply ignored the data that didn't fit into his neat little hypothesis and chose only the countries that supported his theory. He was met with considerable opposition and skepticism - and reputedly did not take it well. So he set out to



We were told by just about everyone that polyunsaturated fat was wonderfully healthy, and that we would all do well to swap our traditional fats for this recent creation of the food industry. Soybean oil, canola oil, com oil, safflower oil and sunflower oil all began to make appearances on grocery store shelves, and they continue to dominate the market to this day.

prove he was right by designing the first, and most ambitious, study of nutrition and diet ever done: the infamous Seven Countries Study.

A full discussion of the Seven Countries Study is beyond the scope of this article. (For anyone interested, I suggest the superb book by investigative reporter Nina Teicholz, *The Big Fat Surprise: Why Butter, Meat and Cheese Belong in a Healthy Diet.*) Suffice it to say that, surprise, surprise, the "data" from the Seven Countries Study confirmed Keys' theory that saturated fat was at the root of all evil.

BUT DID IT, REALLY?

The methodological problems with the study have been written about extensively over the past several decades, and many health professionals (myself included) think that if Keys were writing it today, he would have a hard time getting that study past peer review. Eventually Keys prevailed, got his theories accepted by establishment health organizations, and the rest is history. The American Heart Association, the American Diabetes Association and the American Dietetic Association all got on board and bought into what was called the "Diet Heart Hypothesis" — saturated fat raises cholesterol and cholesterol causes heart disease, ergo saturated fat is bad.

Food manufacturers in America stampeded towards the gold rush of low-fat foods, making fatless versions of every food imaginable.

At the same time as saturated fat was being

banished from the American table, another kind of fat was being touted as the answer to our dietary prayers: polyunsaturated fat in the form of vegetable oil. We were told by just about everyone that polyunsaturated fat was wonderfully healthy, and that we would all do well to swap our traditional fats for this recent creation of the food industry. Soybean oil, canola oil, corn oil, safflower oil and sunflower oil all began to make appearances on grocery store shelves, and they continue to dominate the market to this day.

But polyunsaturated fats come in two "flavors" omega-6 and omega-3 - and your body needs both of them in the right proportion. In addition to the major hormones — such as insulin, cortisol and estrogen — the body also produces "minihormones" called eicosanoids that are fast-acting and operate locally. Diets high in omega-3s and relatively low in omega-6s promote the formation of more anti-inflammatory eicosanoids. Diets high in omega-6s and low in omega-3s — precisely the combo that characterizes the standard American diet — favor the creation of inflammatory eicosanoids. Since we need to be able to make both inflammatory and antiinflammatory compounds, the balance between dietary omega-6 and omega-3 is of critical importance.

Most research shows that the ideal ratio of omega-6 to omega-3 is about 1:1. A side effect of the demonization of saturated fat in our diet

WHAT WE ARE (AND AREN'T) SAYING

Writing an article like this is always fraught because of the huge possibility of misinterpretation. So let me be very clear about what I am saying and what I'm not saying.

- I'm not saying that you should go out and add a ton of fat to an existing diet, especially not one that's high in processed carbohydrates.
- I'm not saying that all fat i.e., factory-farmed, feedlot meat, highly processed corn oil, partially hydrogenated soybean oil (trans fat) — is good.
- I'm not saying that fat doesn't have calories.
- I am saying that the old recommendation a diet high in "complex carbohydrates" and low in fat doesn't make much sense anymore.
- I'm also saying that the balance between omega-6
 (vegetable oil) and omega-3 (fish oil) is of critical importance.
 And that saturated fat doesn't matter all that much, particularly in the context of a low-carbohydrate diet.

was that we replaced that fat with a ton of vegetable oil, pushing the ratio of omega-6 to omega-3 in our diet to approximately 16:1 in favor of the inflammatory omega-6s. What that means in a nutshell is that we are consuming way too much vegetable oil and way too little omega-3 (found in fish oil and, to a lesser extent, in flaxseed and flax oil).

Since inflammation is now known to be a promoter of every degenerative disease, this shift in our diet toward greater consumption of highly processed vegetable oils has not been a good thing at all, and in fact, has been a significant piece of collateral damage associated with the low-fat movement.

The low-fat ocean liner had sailed and there was no turning this baby around. The basic principles became firmly entrenched in our collective consciousness: The theory was that a high-carb diet — with little saturated fat and a lot of vegetable oil — was the answer to our health problems. This was considered the sine qua non of dietary wisdom.

NOW, FAT IS MAKING A COMEBACK

history.

Finally. To illustrate just how far the pendulum has swung, here's a true story. I recently attended the annual conference of the American College of Nutrition and found myself sharing a cab back to the airport with several doctors and nutritionists. Our group included a Beverly Hills endocrinologist who has a thriving (and exclusive) practice in anti-aging medicine, located on a street that's become a synonym for the best and most expensive that Los Angeles has to offer. She told us about her clients.

"Nearly all of my patients are interested in weight loss," she noted. "And they're high performers and high achievers. These are folks who are about 25% body fat and want to be 18%. They're very sophisticated. They know all

about fish oil and vitamin D. I have to give them something that works, something that's healthy and something that's cutting edge - or they don't come back."

"So what do you do with them?" I asked her.

"I put them on a highfat diet," she said.

The best part of the story is that the four other health professionals in the cab didn't blink an eye. In fact, two of them nodded knowingly.

MAKE THE RIGHT FAT CHOICES

Most of the "complex carbohydrates" we consume are highly processed, highglycemic food products that drive our blood sugar and our fat-storing hormones to the roof. Most responsible health professionals now agree that it was the recommendation to cut fat and add carbs that has indirectly led to the epidemics of diabetes and obesity.

So what does this mean for you? It means you should stop fearing fat and start paying attention to sugar, as well as foods your body converts to sugar in a New York minute. It means that if you choose your fat sources wisely you have nothing to fear from a high-fat diet. It means you should probably cut back a bit on vegetable oils and increase your intake of omega-3 fats. And it means that in the context of a controlled-carbohydrate diet, fat — including saturated fat will do nothing to harm your body and may in fact make it easier to lose weight.

WHICH OILS TO USE

Here are some representative sources of recommended fats in the diet. This list isn't complete, but it will give you a good idea of where to start and what to avoid.

OLIVE OIL

Olive oil is one of the main sources of fat in the muchbeloved Mediterranean diet. It's a monounsaturated fat with a deserved reputation for being extremely heart healthy. And copious research shows that greater adherence to the traditional Mediterranean

diet (including plenty of monounsaturated fat) is associated with a significant reduction in mortality. But all olive oil is not created equal. Unrefined extra-virgin olive oil is best. Because it's pressed at very low levels of heat, the precious health-giving polyphenols are

preserved. So don't ruin it by heating it at high temperatures!

EX CANOLA OIL

All canola oil (except organic) is GMO, and is highly processed, to boot. Despite its (undeserved) reputation as a health food, I would not have this oil in my kitchen.

HOW MUCH FAT?

So what's the target amount of fat most people should aim for?

The truth is that there are no exact numbers, certainly not any that everyone would agree on. And while this lack of precision may be frustrating, let me explain why I think that is actually a good thing.

Healthy eating is about transforming your relationship with food. When you improve the quality of the food you eat, you can worry less about the amount. The quality is far more important than what percentage of your calories comes from protein, fat and carbohydrates.

That said, the amounts still matter. But when I say "eat as much fish or fish oil as you want" my experience tells me that you're not going to take 30 grams of fish oil a day or eat salmon three times a day.

You get what I'm saying here. Take a couple caps of fish oil and eat salmon a couple times a week. Use olive oil, flax oil, or nut oils as salad dressing - enough to taste good. Sauté food in coconut oil, Malaysian palm oil, or grass-fed butter. Don't worry about how much fat comes with your burger if — and only if — it is grass-fed and toxin-free.

In short, relax.

If you cut out all the processed food from your diet, cut back significantly on high-glycemic carbs (like bread, pasta, rice, potatoes and cereals) and cut out sugar entirely, I'm betting the vast majority of you would not have to worry about counting calories or fat grams.

The bottom line with fat and with everything you eat come to think of it - is that clean matters.

ALMOND OIL

A good oil with a high level of monounsaturated fat and a high smoke point (430°F).

PEANUT OIL

This is another oil high in monounsaturated fat, but because of its omega-6 content, it's best to use unrefined peanut oil in moderation.

SESAME OIL

Used extensively in Asia, sesame oil contains some

monounsaturated fats. Some of its benefits come from its unique antioxidants, which aren't destroyed by heat. It also contains phosphatidylcholine, an important nutrient for the brain. I'd limit its use, however, because it does have a high amount of omega-6 fats.

SOYBEAN OIL

This oil is almost always refined, and — unless it's labeled organic — is GMO. I'd recommend avoiding soybean oil.

☑ COCONUT OIL

Coconut oil is a superfood. Most of the saturated fat in coconut oil is the type known as medium chain triglycerides, which the body prefers to use for energy rather than store as body fat. It contains a couple of powerful antimicrobal fatty acids — lauric acid and caprylic acid — and produces ketones, a

wonderful source of energy for the brain. This is a good example of a fat that was wrongly demonized because it's saturated. It also holds up to high heat very well and imparts a nice, nutty taste to foods. I often mix it with butter to liahten up the taste a bit.

BUTTER

Butter from grass-fed cows is a wonderful fat. You can't beat the

taste, it stands up to heat and new research indicates that full-fat dairy such as butter has significant health properties and may even help combat obesity. Its kissing cousin, ghee, is essentially clarified butter (i.e., with the milk solids removed) and is used throughout India and in Ayurvedic medicine.

PALM OIL

Palm oil (not palm kernel oil) is another plant-based

saturated fat that's been unfairly demonized. It's high in a particular type of vitamin E called tocotrienols, which have been shown to have a protective effect on the brain. I strongly recommend Malaysian palm oil – due to the Malaysian government's pro-environmental policies, this type of oil is produced using sustainable practices. I use this oil all the time.





hether you're a recent convert to the clean-eating lifestyle or you've been eating this way for as long as you can remember, the oft-repeated advice to shop the perimeter of the supermarket - hitting the produce, meat, seafood and dairy departments for the majority of your items - is elementary. After all, incorporating organic, grass-fed meats, sustainably harvested fish, seasonal fruits and vegetables, hormone-free dairy and free-range eggs forms the basis for an eating plan that's good for your body and the planet. As for the rest of the ingredients you use in your daily cooking, at CE we believe the more you can make from scratch, the better. However, even the strictest clean eaters depend on a few convenience foods in order to get meals on the table.

In fact, in our biggest reader survey to date, the majority of you said that you regularly rely on and purchase products from 11 of the 17 supermarket categories listed, which ranged from snacks and nut butters to pantry staples, sauces, condiments and household items. A staggering 85% of you stock your pantry with carefully sourced staples like broths, oils and jarred tomatoes. So how do you sift through the thousands of packaged goods in the grocery aisles? Our comprehensive guide to the 100 cleanest products on the market can help.

THE CLEAN CRITERIA

We take product testing seriously around here, and for the fourth consecutive year, we're bringing you a pristine selection of packaged products to help maintain your clean lifestyle. When testing products, each item is rated on a scale of 1 to 5 in each of the categories below. Those with the highest scores receive a Clean Choice Award – but "gab factor" (the more a product is talked about around the office) has some serious clout too!

AMAZING FLAVOR

Health is key, but if your picks don't taste good, they'll be relegated to the back of your pantry. We look for fullbodied flavor in the products we award – the kind you just can't get enough of!

2 TANTALIZING TEXTURE

Creamy, crunchy or chewy? Taste is crucial, but pleasant mouthfeel is equally important to the "can't-have-just-one" factor.

(3) CLEANER THAN CLEAN

How long is the ingredient list? Does it contain unhealthy chemicals or preservatives? Can you easily pronounce each word? Our nutrition guidelines are more stringent than most and our clean ethos is non-negotiable.

TIME-SAVING CONVENIENCE

You can't make every ingredient from scratch, so we hunted down the best shortcut products on shelves right now. From frozen blender-ready smoothie packs to popped quinoa cereal, our winners add big flavor to meals while slashing prep time.

5 EARTH LOVE

When a company opts for environmentally friendly packaging, or gives back to the community, they score big points with us. When looking at household cleaners, we considered only products with the least amount of chemicals and products free of toxic chemicals.

MEET OUR JUDGING PANEL



Alicia Rewega



Andrea Gourgy



Laura Schober Associate Editor & Research Chief



Angie Mattison Copy Editor



Jennifer Davis-Flynn Web Editor



Stacy Jarvis Art Director



Bianca DiPietro Art Director



BREAKFAST

We love making breakfast from scratch, but when time is short we need to have wholesome, nutritious backup options such as these.

QUINOA FOR BREAKIE

Pereg Original **Quinoa Pops! Cereal**

Ditch cereal with the mile-long ingredient list; this cereal has exactly one ingredient – guinoa. But these quinoa pops go beyond breakfast: Use them as a stand-in for granola, or grind and mix them with spices for gluten-free bread crumbs.





BOWL OF GOODNESS

Nature's Path Qi'a Superfood Gluten-Free Oatmeal Cinnamon **Pumpkin Seed**

Full of toothsome, nutritious ingredients including buckwheat groats and chia seeds,

this spiced oatmeal gives busy workdays a delicious start. \$5.50, naturespath.com for where to buy

GRATIFYING GRANOLA

18 Rabbits Felicitas Granola

This nourishing mix of antioxidant-rich bing cherries, whole rolled oats, omega-3-loaded chia seeds, vanilla, maple syrup and honey makes for a naturally sweet vet nutritious breakfast. We like to stash bags of this in our desks for a healthy snack. \$9, 18rabbits.com



BITE-SIZE BREAKFAST

Kashi Cinnamon Harvest Whole Wheat Biscuits

Treat yourself with these organic whole-wheat biscuits laced with spicy cinnamon and organic dried cane syrup. This non-GMO cereal provides over 20% of your daily value (DV) of fiber in just one serving. \$5,

kashi.com for where to buy



SIMPLY DELICIOUS

Erewhon Corn Flakes

Non-GMO, organic corn kernels are oven-toasted and sprinkled with sea salt for a simple yet tasty breakfast cereal. These flakes can also be used in dessert recipes or for adding crunch and flavor to yogurt. \$6, erewhonorganic.com



WONDER BREAD

One Degree Organic Foods Veganic Sprouted Lentil Grain Bread

Lentils nats and California raisins make this Khorasan-wheat bread a nutrient superstar – just one slice is rich in manganese, selenium, minerals and B vitamins. Try it with PB&J or organic, unsalted butter. \$5.50, onedegreeorganics.com for where to buy



BREWED CACAO

Choffy IC Dark

Richer than hot chocolate, this roasted ground cocoa bean brew contains naturally occurring feel-good compounds without caffeine, so you can feel the bliss without the buzz. And just one brewed cup of Choffy contains

more antioxidants than almost two servings of blueberries! \$15 per 12-oz bag, choffy.com



AROMATIC WATER

Ayala's Herbal Water **Lemongrass Mint** Vanilla

This zero-calorie organic herbal water is infused with lemongrass, vanilla bean and cool mint for a drink that's citrusysweet and truly refreshing. \$2, herbalwater.com for where to buy



INTOXICATING TEA

Pukka Peppermint & Licorice

With FairWild-certified licorice root and fresh peppermint leaves, this minty sweet caffeine-free brew is a delightful drink and a favorite at the office. \$7, pukkaherbs.com



SOLDIER ON

Marley Coffee **Buffalo Soldier Dark** Roast

Earthy and luscious, this Rainforest Alliance Certified coffee boasts dark chocolate and berry undertones and a deep, smooth finish. True to its name, this cup o' joe kept us soldiering through the day, \$10 per 8 oz, marleycoffee.com for where to buy



ANTIOXIDANT-RICH

Klio Organic Greek Mountain Tea

The dried flowers, leaves and stems of this savory tea are sourced from the native Sideritis plant in Greece. Besides its soothing, earthy taste with notes of floral, mint and citrus, it contains significant amounts of antioxidants, polyphenols and phytonutrients.





SOME LIKE IT HOT

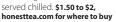
Taste Nirvana Real Coconut Water with Thai Chili Extract

The truth is, the heat of this coconut water is extremely subtle. This naturally sweet, electrolyte-rich bevvie is 100% pure coconut water, and Thai chili extract provides a touch of heat to tickle the taste buds. \$2 per 9.5 oz, tastenirvana.com for where to buy



Honest Tea Unsweetened "Just" Black Tea

Filtered water and fair tradecertified organic black tea leaves commingle for a wonderfully refreshing tea that's best served chilled. \$1.50 to \$2,





PICK-ME-UP BREW

Choice Organic Teas Organic Green Moroccan Mint

This blend of green teas, peppermint, spearmint and lemongrass makes for an aromatic brew that quickly became a CE staff favorite. Plus, the natural fiber tea bags are 100% biodegradable. \$5, choiceorganicteas.com



DARK HORSE

Kicking Horse Coffee **Kick Ass Ground**

This dark-roasted, full-bodied blend sourced from Indonesia and Central America is intense and smoky yet still sweet enough to please a discerning palate. \$11.

kickinghorsecoffee.com





CE STAFF PICK: PUKKA PEPPERMINT & LICORICE

"This delicious licorice brew is my go-to when I want something

soothing and refreshing." - ALICIA REWEGA, EDITOR-IN-CHIEF



BAKING

Deliciously clean baking requires a few tools of the trade. Check out some of our must-haves for your baking shelf.

TOP SHELF Simply Organic Ground Cinnamon

Whether you're adding warmth and sweetness to baked goods or a depth of flavor to savory recipes, this organic cinnamon is at the top of the spice food chain. \$6, simplyorganic.com



SUPER FINE King Arthur Flour Almond Flour

Our food editor swooned over this super-fine ground flour and even tested it against its competitors in her famous cookie recipe. The results? It came out head and shoulders above the rest! \$15 per 1 lb, kingarthurflour.com



NUTRIENT-DENSE FLOUR One Degree Organic Foods Sprouted Whole Wheat Flour

Even more vitamins can be found in this flour thanks to it being sprouted organic red wheat. Use it as a 1:1 ratio replacement for other flours in recipes for breads. cakes, cookies and even tortillas. \$10, onedegreeorganics.com for where to buy

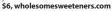


CLEAN SWEETENER

Wholesome Sweeteners **Organic Coconut Palm Sugar**

Recently ordained into the prestigious list of Clean Eating-approved sweeteners, coconut palm sugar is highly sustainable and has a lower impact on blood sugar (compared with table sugar), making it an ideal substitute in your favorite baked treats.

OILS/ VINEGARS



LOCO FOR COCO

Coconut Oil

and dry winter!

\$20, jaxcoco.com

ASIAN-INSPIRED

Jax Coco Organic Extra

Virgin Centrifuged

Though we keep a jar of this

EVCCO stashed in our pantries

for recipes, we also love using it

as a moisturizer to keep our skin

hydrated throughout the cold



PORTUGAL BOUND!

Whole Foods Market Extra Virgin Olive Oil of Portugal

It was hard to choose from this brand's five cold-pressed EVOOS from around the world, but we loved this one for its smooth and slightly sweet flavor imparted by Arbequina olives and hints of almonds.

\$13, wholefoodsmarket.com for where to buy



AVOCADO SPRAY

Chosen Foods Avocado Oil Spray

One of the coolest products to hit our desks this award season is this high-heat avocado oil cooking spray packaged in a natural spray bottle that uses pressure technology, not propellants or harmful ingredients. \$8, chosen-foods.com



DELICATE LEMON

Lucini Delicate Lemon Extra Virgin Olive Oil

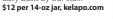
Perfect for pan-frying fish or for bursting-with-freshness vinaigrettes, this high-quality EVOO with a delicate lemon flavor was an office hit! \$15, lucini.com



NUTS FOR IT

Kelapo Extra Virgin Coconut Oil

A superfood oil to be sure, this organic variety is bottled in amber glass jars, protecting its precious contents. This cold-pressed, unrefined oil is used on a daily basis by our staff.





NUCO Organic Vinegar, Chili & Ginger

Infuse your dressings and dishes with major flavor plus amino acids, minerals and vitamins with this innovative vinegar that will transform your meals.

\$7, nucoconut.com for where to buy



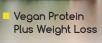
Nutrition... the way nature intended

Nature's Food™ is total-body nutrition that helps you make the most of your healthy, active lifestyle. You watch what you put in your body. That's why Nature's Food™ features handselected, plant-based ingredients without preservatives, artificial sweeteners, genetically modified organisms, gluten or dairy. All our protein products are made with nutrientrich ingredients, including brown rice protein, and deliver mouthwatering flavor your taste buds and muscles will love. Nature's Food™ - inspired by nature, designed for you.









PLANT-BASED

Weight Loss Capsules

It's What's Inside That Counts...

Organic Rice Protein

- √ Free of soy, gluten and dairy ingredients
- √ Plant-based, 100% vegan protein
- √ Non-GMO

- √ No preservatives, artificial flavors or artificial sweeteners
- √ No pea protein
- √ Great taste



#NATURESFOOD



SNACKS

Keeping nutritious and tasty snacks on hand is the linchpin of success when it comes to eating clean. Here are this year's sweet and savory stars.

POCKET-SIZED PICK-ME-UP

Simple Squares Chili Pep Organic Nutrition Bar

Nutty texture, super nutrients, satisfying flavor... the only thing these bars are short on is ingredients you don't want – as in sticky



refined sweeteners and artificial flavors. These Chili Pep bars have a palate-pleasing kick of heat. \$2.50, simplesquares.com

PEPITA POWER

Navitas Naturals Chia Rosemary Pepitas

The humble pumpkin seed is making a comeback and we couldn't be happier! This variety hits the spot when you're looking for a savory snack – plus you'll get a hit of protein and zinc while chomping.

56, navitasnaturals.com



SAVORY SEEDS

SuperSeedz Tomato Italiano

We knew this gourmet superfood would be a winner at first nibble, but choosing just one flavor wasn't easy. With oregano, tomato, basil and garlic, these zesty little pumpkin seeds pack a ton of fiber, protein and iron in every low-carb serving.

\$5, superseedz.com



POP GOES THE CORN

Angie's Boomchickapop Lightly Sweet Popcorn

Needless to say, bags of Angie's Popcorn don't last long around the CE office. It's hard to resist the sweet-and-salty taste, but at only 35 calories per serving, you won't have to!





FIESTA IN A JAR

Que Pasa Mexicana Salsa - Medium

This super fresh-tasting salsa is bursting with juicy tomatoes, fiery jalapeños and zippy spices for a nacho-worthy condiment – minus the sodium overload of most store-bought salsas.





PERFECT POPCORN

Quinn Popcorn Parmesan & Rosemary Microwave Popcorn Reinvented

Who knew microwave popcorn could taste this yummy and still be clean? By using a chemical-free, compostable bag, GMO-free corn and hormone-free Parmesan cheese, this gourmet pop gets the CE stamp of approval. \$5 per box, quinnpopcorn.com

FROM THE SEA

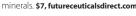
GimMe Organic Roasted Seaweed Snack Sheets in Wasabi

Warning: Snacking on seaweed is habitforming. But thankfully this USDA-certified organic seaweed, cultivated in the frigid waters of the Yellow Sea, is free of pesticides and chemicals. It's roasted and lightly seasoned for an addictively crispy snack. \$2 per 0.35-oz family-size pouch, gimmehealth.com for where to buy

VITAMIN & MINERAL BOOST

Mighty Crunch Strawberry Banana Freeze Dried Fruit Snack

Toss a handful of these freezedried strawberry and banana slices into your cereal or yogurt, or eat them straight out of the can, as a convenient way to up your daily dose of vitamins and



TASTES LIKE INDULGENCE Eat Nākd Cocoa Orange Bar

This dairy-, wheat- and gluten-free bar, packed with dates, cashews, raisins and cocoa, has just the right amount of natural sweetness to satisfy afternoon cravings, and at under 150 calories, this actually-good-foryou treat is worth stashing in your desk. \$23 per 18-pack, eathald.com



GHTY CRUNC

TASTY TWISTS

Mary's Gone Crackers Everything Pretzels

Made with brown rice, quinoa, millet, flax and chia seeds, these gluten-free, savory pretzels contain 500 milligrams of omega-3s per serving. They're lower in sodium than conventional packaged varieties, so you can indulge with

abandon. \$5 per 7.5-oz bag, marysgonecrackers.com

DELIGHTFUL DIPPERS

Way Better Snacks Rosemarry Me & Olive Oil Sprouted Barley Crackers

Sprouted barley lends a nutty flavor (not to mention a bevy of antioxidants) to these savory, rustic crackers. Try them with soup or straight out of the box. \$4, gowaybetter.com



GLUTEN-FREE GOODNESS

Crunchmaster 7 Ancient Grains Crackers – Hint of Sea Salt

These delightfully crispy crackers made with sea salt, amaranth, brown rice, sesame and other gluten-free goodies are perfect with cheeses or as a crunchy side to soups and dips.

\$3, crunchmaster.com



SPICES

These all-natural flavor-boosters will ensure that your cooking has just the right amount of va-va-voom!

FLAVOR EXPLOSION

Outer Spice Spicy Low Salt

When you need more flavor in a jiffy, turn to this tantalizing spice and herb blend to jazz up pastas, vegetables, meats, marinades and rubs. It's made with 15 delicious and natural ingredients including Himalayan sea salt, garlic, black pepper, red pepper, nutmeg, caraway and cinnamon, resulting in a harmonious spice blend. \$7, outerspiceit.com



JUST AS FRESH

Litehouse Instantly Fresh Garlic

This freeze-dried garlic imparts impressive garlicky flavor to your recipe of choice. Bonus: Since you don't have to go through all the fuss and muss of peeling and pressing cloves, your hands will be odor-free. Just remember to rehydrate first! \$4.50, litehousefoods.com



PURE POWDER Colman's Dry Powder Mustard

Thanks to its pure ingredient list, this mustard beats out other condiments that contain added sugars, additives and preservatives. It's great for adding zest and mustardy flavor to meats, vinaigrettes, dips and rubs.

\$8.50 per 4 oz, colmansusa.com for where to buy



A FINE GRIND

Frontier Organic Black Pepper, Fine Grind

Sustainably sourced from Southeast Asia, this organic black pepper adds a delightfully peppery boost of flavor to meats, soups, vegetables and more. \$8, frontiercoop.com





DAIRY& DAIRY-FREE ALTERNATIVES

Our award winners are based on taste and also on how our top dairy and non-dairy selections are produced.

ORGANIC, GRASS-FED YOGURT

Traders Point Creamery Raspberry Yogurt

This European-style grass-fed yogurt is thinner, silkier and tangier than other varieties. Mixed by hand in small batches and packaged in individual glass jars, this yogurt is a luxurious addition to your morning granola bowl or enjoyed on its own. \$7.50, tpforganics.com for where to buy



DITCH THE LACTOSE

Green Valley Organics Lactose-Free Cream Cheese

If dairy has been off-limits due to lactose intolerance, it's time to reconsider. This company adds the enzyme lactase to its products to break down lactose. The result: a velvety spread with the flavor of regular cream cheese. \$3.50



A KICK OF FLAVOR

Woolwich Dairy Fresh Chèvre Big Kick Herb & Garlic Spreadable Goat Cheese

Herbs and garlic add a delicious twist to this soft and velvety goat cheese. We love keeping it on hand to use as a spread, a dip or straight from the tub by the spoonful! \$6, woolwichdairy.com for where to buy



LUSCIOUS CREAM

Nancy's Organic Cultured Sour Cream

Just one taste of this heavenly, lightly tart sour cream and you'll be as addicted as we are. Bonus: It's made with live cultures, so while you're savoring it, you'll also benefit from out-friendly probiotics. \$4 to \$5.5



gut-friendly probiotics. \$4 to \$5.50 per 16 oz, nancysyogurt.com for where to buy

THE GOLDEN CHEESE Kerrygold Reserve Cheddar

Encased in shiny gold packaging, this delectable cheese tastes as special as it looks. Made in Ireland with milk from grass-fed cows and aged for more



than two years, this cheese is sharp, rich and creamy. **\$6**, **kerrygoldusa.com for where to buy**

A BETTER BUTTER

Horizon Organic Unsalted Butter

By now you've undoutedly heard the good news – butter is back! At *CE*, we believe that high-quality butter is a great fat for cooking or simply for daily use. This rich, slightly sweet

organic butter is a must-have in any clean fridge. \$7 per 16 oz, horizondairy.com for where to buy



PANTRY STAPLES

Keep your pantry well-stocked to make whipping up wholesome, nutritious meals a cinch.

NEW BEAN ON THE BLOCK

Bob's Red Mill Orca Beans

Just when you thought you were familiar with all the beans in your supermarket aisle, another one pops up. Also known as calypso beans, these black and white—speckled beans are a stunning addition to your salads, soups and mains. \$6, bobsredmill.com



RARE GRAINS

Jovial Foods 100% Organic Einkorn Whole Wheat Pasta - Spaghetti

Made with einkorn, an ancient species of wheat that's never been hybridized, this artisanal pasta from Italy has a much higher nutrient value than regular wheat varieties. It has a slightly

nutty flavor and a hearty texture that even the pasta purists among us

appreciate. **\$4, jovialfoods.com**

SEEING RED

Ancient Harvest Inca Red Organic Quinoa

For a change from everyday white quinoa, the red version of this nutritious grain is a little crunchier and is particularly nice in salads in place of regular quinoa for a colorful potluck dish. \$8, ancientharvest.com for where to buy



MARVELOUS MAYO

Tessemae's All Natural Mayonnaise

Who doesn't love a little mayonnaise on a burger or sandwich now and then – we sure do! We're all over this clean mayo that uses only olive oil, cage-free eggs, organic mustard, vinegar, sea salt and lemon juice. This is a mustry! \$7, tessemaes.com



CE STAFF PICK: BOB'S RED MILL ORCA BEANS

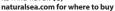
"Tasty and gorgeous, orca beans are wonderfully versatile (I especially love adding them to soups!) and they add a nice

visual appeal to any dish." – LAURA SCHOBER, ASSOCIATE EDITOR & RESEARCH CHIEF

SUSTAINABLY SOURCED

Natural Sea Wild Alaska Premium Pink Salmon

This tender wild Alaskan pink salmon – caught using ocean-friendly fishing practices – has 10% of your DV of calcium and 12 grams of protein in just one ¼-cup serving, plus we love its mild flavor. **\$5**,





PORTABLE PROTEIN

Wild Planet Wild Albacore Tuna Pouches No Salt Added

This premium albacore tuna, loaded with omega-3s and over 20 grams of protein per serving is sustainably fished, then hand-cut and packed into these handy BPA-free, single-serving pouches.

\$5, wildplanetfoods.com



DRINK TO YOUR HEALTH

Pacific Foods Organic Bone Broth Chicken Original

One of the biggest health trends is drinking good ol' bone broth, brimming with minerals and protein. Whether you sip it straight or use it as a base for sauces, the ready-to-use carton will save you hours of simmering \$5 to \$6 per \$2 per section.

ing. \$5 to \$6 per 32-oz carton, pacificfoods.com for where to buy



JUST LIKE HOMEMADE

Sauces 'n Love Sundried Tomato Pesto

While the adorable BPA-free jars that contain these home-style refrigerated sauces had us at hello, it was their contents that really impressed us. Great on pasta and grilled chicken, this is

impressed us. Great on pasta and grilled chicken, this is one of the freshest-tasting store-bought pestos you'll ever try. \$8, saucesnlove.com for where to buy



SUPERFOOD MIX

NOW Real Food Organic Triple Omega Seed Mix

This crunchy mix of chia, hemp hearts and flax provides a megadose of omega-3 and omega-6 fatty acids, plus a big helping of protein and fiber. Sprinkle generously on cereal, yogurt and salads. 59. nowfoods.com for where to buy



clean choice awards

FROZEN Here's a revelation: Frozen foods

don't actually need preservatives since cold temperatures keep harmful bacteria at bay. These frozen faves demonstrate that point exactly with their squeaky clean ingredient lists!

BEAN BURGER

Hilary's Eat Well Adzuki Bean Burger

We keep our freezers stocked with these patties for a meal you can have ready in 10 minutes. Filled with quinoa, millet, adzuki beans, cumin and coconut oil, these crunchy veggie burgers are addictive. \$4, hilaryseatwell. com for where to buy



SMOOTHIE PACK

Earthbound Farm Organic Smoothie **Kickstart Kale Berry**

Organic berries comprise this convenient fruity smoothie mix that's rounded out nicely by a kick of kale. \$4, ebfarm.com for where to buy



TIME-SAVING PEPPERS

Woodstock Organic Tri-Colored Peppers

A colorful and nutritious addition to stirfries and sautés, these frozen organic peppers can be cooked up in a flash when vou're strapped for time.



\$4, woodstock-foods. com for where to buy

SWEET

You won't find any refined sweeteners in these delectable goodies – so you don't have to skip dessert!

WE'RE ROONED! Hail Merry Lemon Macaroons

The only packaged baked goods to meet our strict guidelines. The luxurious and gourmet taste of these coconut-lemon macaroons knocked our socks off!

\$4 to \$5, hailmerry.com for where to buy



HOT MINT CHOCOLATE NibMor Mint Drinking Chocolate

Sip on a cup of clean hot cocoa with a delicate mint flavor and let the day melt away. We love the silky smooth taste and the fact that this cocoa is ethically traded and fair trade-certified. \$9 per 6-count box, nibmor.com



Just one bite of this melt-inyour-mouth chocolate and you'll know why we picked this bar as a winner. With ingredients

maple syrup and organic vanilla, this is among the cleanest chocolates around!

\$6, notyoursugarmamas.com

NOT YOUR AVERAGE CHOCOLATE BAR Not Your Sugar Mamas Salted Caramel

such as organic raw cacao powder, organic

OUR TOP-RATED SUPPLEMENTS



Whole Earth & Sea Pure Food Women's Multivitamin & Mineral \$40. wholeearthsea.com



Dr. Ohhira's Probiotics **Original Formula** \$59.50 per 60 capsules, essentialformulas.com for where to buy



Vega Chlorella \$50 per 5.3-oz powder, myvega.com



Barlean's Organic Lignan Flax Oil \$22 per 16-oz bottle, barleans.com



inner-ēco Coconut Water **Probiotics Tropical Flavor** \$18 per 15 oz, inner-eco.com for where to buy



Floradix Iron and Herbs \$46 per 17 oz, florahealth.com for where to buy



Aiva America's Matcha to Go Sticks \$19 per 10-pk, aiyamatcha.com



Nordic Naturals Arctic Cod Liver Oil \$25, nordicnaturals.com





clean choice awards



CE STAFF PICK: VASKA ONE LAVENDER LAUNDRY TABLETS

"This laundry detergent is a workhorse that cleans just as well as leading brands - but without the chemicals."

- ANGIE MATTISON, **COPY EDITOR**





24 FL 0Z (752 mL)





We scanned the store aisles for all-natural household products without harmful chemicals, so you can feel reassured when you bring them into your home.





HOUSEHOLD GOODS

A clean home starts with nontoxic household products that are kind to mother earth, growing bodies and furry friends.

REUSABLE PAPER TOWELS

If You Care 100% Natural and Certified **Compostable Reusable Paper Towels**

Paper towels can be a major source of waste, but these reusable ones are an innovative solution. Each one can be washed and reused, lasting up to a week. Once vou're done.

simply toss in the compost bin. Genius! \$9 to \$10, ifyoucare.com



CRAZY FOR CASTILE

Dr. Jacobs Naturals Eucalyptus Castile Liquid Soap

We're absolutely obsessed with these liquid castile soaps - they're gentle enough for adults and babies alike, and they're versatile enough to use as hand soap, dish soap, laundry detergent, shampoo, body wash and more! \$10 per 16 oz. driacobsnaturals.com



TOUGH SCRUBBING ACTION Better Life Even the Kitchen Sink

When you need serious scrubbing action for your kitchen sink, cooktop, bathroom tiles or even your toilet bowl, this is the cleaner to keep on hand. While it offers hefty cleaning abilities, it's gentle enough not to scratch your delicate surfaces.



LOVE DOING DISHES Eco Me **Herbal Mint Dish Soap**

This dish soap combines great grease-cutting ability with natural antimicrobial plant essential oils. Plus, the scent is so heavenly that you'll actually enjoy doing dishes. \$5, eco-me.com



TOTALLY CLEAN CREAM

Zero Xeno Hand & Body Lotion

We love this line of cleaning, body and beauty products because of Zero Xeno's commitment to keep its products free of xenoestrogens, chemicals that disrupt hormone balance. This non-greasy hand and body lotion has rich moisturizing properties and an inoffensive neutral scent. \$12.50, zeroxeno.com



ON-THE-GO PRODUCE WASH Rebel Green Fruit and Veggie Clean Wipes

Taking some fruit or veg on the road with nowhere to give it a proper wash? Simply use these wipes to clean your produce and then give it a rinse, and you've removed all the dirt, waxes and surface chemicals! \$7, rebelareen.com



SAFER SPRAY

Baby ECOS Here & There Cleaner

Where your baby is concerned, you want to use mild, nontoxic household products. Baby ECOS has an entire line of cleaners with this in mind including this petrochemicalfree surface cleaner made from plant-based ingredients. \$4, ecos.com



MINTY BREATH

NOW Solutions XyliWhite **Refreshmint Mouthwash**

Choosing natural personal-care products is an essential part of a clean lifestyle, and this mouthwash is one way to do just that. It's fluoride-free and made with essential oils and Xylitol, a naturally occurring sugar alcohol that has shown to have benefits for dental health. \$10, nowfoods.com for where to buy



THE EVERYWHERE CLEANER

J.R. Watkins White Tea & Bamboo All Purpose Cleaner

With a subtle fresh scent, this gem of a cleaner is just as effective on your kitchen countertops and sink as your bathroom tiles. Plus, we adore its pretty packaging! \$5, jrwatkins.com



GREENER LAUNDRY TABLETS

Vaska One Lavender Laundry **Detergent Tablets**

We love the green cleaning power of these convenient hypoallergenic tablets that work in both top- and front-loading machines. These toxin-free tablets leave no residues behind - only a pleasantly light lavender scent on clothes! \$10, vaskahome.com for where to buy



SUPER SURFACE WIPES

Whole Foods Market Surface Cleaning Wipes Minty Fresh

For quick and easy cleaning of your countertops and other surfaces, grab one of these peppermint-scented cleaning wipes - we love how handy they are for last-minute touch-ups. \$4, wholefoodsmarket.com for where to buy



GENTLE ON BABY'S SKIN

Nellie's All-Natural **Baby Laundry**

This nontoxic, hypoallergenic laundry detergent contains sodium percarbonate to naturally brighten and whiten your little one's clothing. \$13, nelliesallnatural.com



PICKLED

For a tangy addition to your favorite Fermented foods have probiotics

PUCKER UP

Ruuska All Natural **Spicy Dill Pickles**

While the team may have had a mishap (or two) with the lids, it will never be enough to deter us from these pleasantly sour, perfectly crunchy dills infused with mustard seeds, fresh dill, garlic and crushed red pepper. The heat of these is just right. \$7 to \$8, ruuskapickles.com for where to buy



USE PEPPERS EVERYWHERE

Mezzetta Deli-Sliced **Hot Cherry Peppers**

While they're best known for their recurring role in Philly cheesesteak sandwiches, cherry peppers can be used for so much more. Showcase these beauties in pastas, salads and antipasto, or stuffed with ricotta for a delicious appetizer. \$3, mezzetta.com



CLASSY KRAUT

Eden Organic Sauerkraut

Hand-harvested using old-world methods, this sauerkraut is made from only the freshest cabbage. Each glass jar contains organic cabbage, water and sea salt and nothing more. \$4.50, edenfoods.com



GIMME KIMCHI!

Farmhouse Culture Spicy Wakame Ginger Kimchi

As one of Clean Eating's top 20 superfoods of the year, flavorful kimchi is pungent without being overpowering and packs a ton of probiotic power. \$8, farmhouseculture.com for where to buy



added staying power through the day.

WHOLESOME WHEY

BioChem 100% Whey Protein Vanilla

Made from the milk of hormone-free. grass-fed cows, this non-GMO whey protein powder serves up 20 grams of protein per serving. A cold process, chemical-free ultra-filtration method produces a pure whey protein isolate perfect for shakes or oatmeal. \$27 per 15 oz, countrylifevitamins.com for where to buy



POWER SHAKE

Vega One All-in-One Nutritional Shake Mixed Berry

With an impressive 6 servings of greens in addition to a plethora of probiotics, antioxidants and whole food-based vitamins and minerals packed into one serving, this makes a flavorful, nutrient-packed addition to water, smoothies or non-dairy milks. \$70 per 30 oz, myvega.com



NICELY NUTTY

Sunfood Superfoods Sacha Inchi Protein Powder

Highly digestible and rich in protein, this sustainably made sacha inchi protein powder contains all nine essential amino acids your body needs to function optimally. It has a nice nutty flavor that blends seamlessly into smoothies. \$14 per 8-oz bag, sunfood.com



PURE PROTEIN

Sunwarrior Classic **Protein Natural**

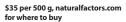
This raw, whole-grain brown rice protein powder packs in 17 grams of protein per scoop as well as 15% of your DV of iron. Try adding this low-carb powder to almond milk, smoothies or water, \$49 per 35,2-oz bag, sunwarrior.com



SLIMMING STRAWBERRY

PGX Satisfast Vegan Protein Shake Very Strawberry

This protein drink provides a feeling of fullness, minimizing the urge to snack between meals. It's also made without any artificial flavors. additives or sweeteners.





TIME-SAVING **CONVENIENCE**

On extra-busy days, these super timesavers will cut corners in the kitchen while safely keeping you in the clean.

READY TO EAT Fruit Bliss Mini **Turkish Figs**

Naturally sweet organic dried figs are infused with water for maximum softness. They're wonderful as a snack, but we also love using them in baked goods or even to add a sweet twist to a savory meal. \$2, fruitbliss.com



SNACK ON THE GO **Better Bean Roasted Chipotle** Bean Dip

Organic red beans are cooked to perfection with chiles and spices, and finished with lime for a protein-rich snack, Spread it on crackers or use it as



a dip to keep you feeling satisfied for hours \$3.50 to \$4, betterbeanco.com for where to buy

EASY TEX-MEX Pacific Foods Organic Refried Black Beans - Vegetarian

The next time you're making Mexican, try these lightly spiced, vegetarian refried beans containing only clean ingredients such as black beans, spices, garlic and cilantro. \$3 per 13.6-oz carton, pacificfoods com for where to buy



SPEEDIEST LUNCH

Amy's Organic Hearty Spanish Rice & Red Bean Soup

When you need a quick bite, this delicious soup hits the mark. With organic ingredients such as brown rice, red beans and an array of vegetables, this is one satisfying soup we love to keep around the office for easy lunches. \$3.50, amys.com for where to buy



MADE FROM SCRATCH Nona Lim Miso Ramen Broth

This all-natural vegetable broth, accented by ingredients such as sesame oil, kombu and organic non-GMO miso, pairs well with rice noodles and veggies. Made from scratch in small batches, you'd never quess it wasn't homemade!



PB&J

Our most-loved butters and jams for all your smearing needs – on crackers, toast, fruit and more.

TOTALLY NUTS

Crazy Richard's 100% Natural **Chunky Peanut Butter**

The only thing crazy about this PB is that it contains absolutely nothing but nuts and is a creamy dream with the perfect amount of crunch \$3 to \$3.50, crazyrichards.com for where to buy



VERY BERRY

Crofter's Organic Wild Blueberry **Premium Spread**

This intensely flavored berry spread was in and out of our editor's fridge in mere days. Bonus: They have a blueberry muffin recipe on their site to try this in! \$4, croftersorganic.com for where to buy



SUN'S OUT YUM'S OUT

Wild Friends Maple Sunflower Seed Butter

The brainchild of two collegeaged gals desperate for more peanut butter on a rainy day, Wild Friends was born and this is just one of their freshtasting nutritious concoctions \$9, wildfriendsfoods.com



RAVE REVIEWS

Eden Organic Grape Butter

We'd be remiss if we didn't award Eden's out-of-thisworld grape butter; just a dab infuses any recipe or yogurt bowl with maximum fruity flavor. The whole *CE* crew went wild for this gem. \$6, edenfoods.com



Be sure to check for all these amazingly clean food choices next time you do your grocery shopping. ©



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Used for its amazing natural cleansing, healing & energizing health qualities. Bragg's Organic Vinegar adds healthy, delicious flavor to salads, veggies, vinegar drinks and foods.

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Patricia Bragg, ND, PhD. Pioneer Health Crusader Health Educator, Author YouTube.com/PatriciaBragg



Paul C. Bragg, ND, PhD. **Originator Health Stores** Life Extension Specialist BraggHawaiiExercise.com

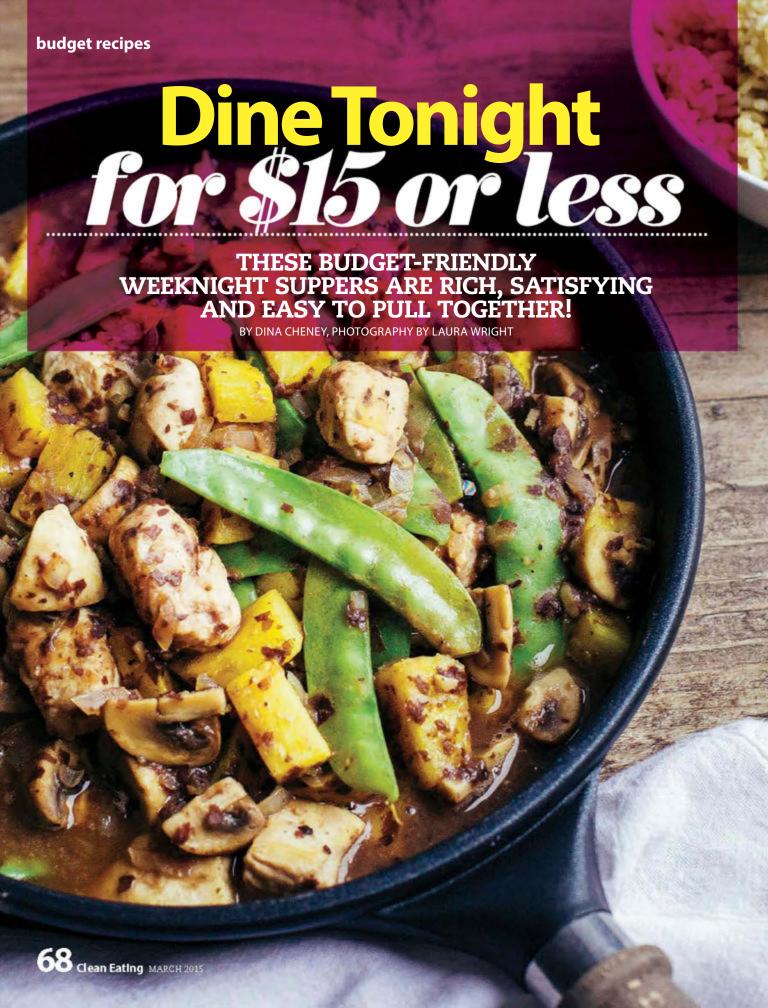


Toodie Magazine **TASTE** Shaker Top 24HERBS

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MONDAY

FULL RECIPE \$11.91

Pineapple Chicken Stir-Frv

WITH BLACK BEAN SAUCE

SERVES 4. HANDS-ON TIME: 40 MINUTES. **TOTAL TIME: 55 MINUTES.**

Velvety, sharp and full-flavored, homemade black bean sauce tastes just like the Chinese takeout mainstay.

INGREDIENTS:

- 3/3 cup short-grain brown rice
- 11/4 cups BPA-free canned unsalted black beans, drained and rinsed
- 1/4 cup low-sodium chicken broth
- · 2 tbsp reduced-sodium soy sauce
- · 2 tbsp rice vinegar
- · 1 tbsp peeled and minced fresh ginger
- · 1 tbsp minced seeded jalapeño chile pepper
- · 2 tsp raw honey
- · 2 tsp minced garlic, divided
- · 2 tbsp white whole-wheat flour
- · 1 lb boneless, skinless chicken breasts, cut into 1-inch cubes
- · 2 tsp safflower oil, divided
- · 1 small white onion, finely chopped
- 2 cups button mushrooms, trimmed and quartered
- · 2 cups snow peas, trimmed and strings
- · 1 cup peeled and diced fresh pineapple

INSTRUCTIONS:

ONE: Cook rice according to package directions.

TWO: Meanwhile, prepare sauce: In a food processor, combine beans, broth, soy sauce, vinegar, ginger, jalapeño, honey and 1 tsp garlic. Process until smooth, about 1 minute. Using a mesh sieve, strain.

THREE: To a shallow bowl, add flour. Dredge chicken in flour, turning to coat. In a mediumlarge sauté pan on medium-high, heat 1 tsp oil. Add chicken to pan and stir-fry until light golden brown and almost cooked through, about 8 minutes. Transfer to a bowl.

FOUR: In same pan, heat remaining 1 tsp oil. Add onion and remaining 1 tsp garlic; stir-fry until onion is tender, about 3 minutes. Add mushrooms and stir-fry until golden brown, about 4 minutes. Add snow peas and pineapple; stir-fry for 1 minute. Return chicken to pan along with any juices. Pour sauce over chicken and vegetables, stirring to coat. Cover and bring to a simmer on medium-low until chicken is cooked through, about 3 minutes. Serve stir-fry over rice.

NUTRIENTS PER SERVING

(11/3 CUPS STIR-FRY AND 1/2 CUP RICE): CALORIES: 423, TOTAL FAT: 7 g, SAT. FAT: 1 g, MONO-**UNSATURATED FAT:** 2 q, **POLYUNSATURATED FAT:** 3 q, CARBS: 56 g, FIBER: 8 g, SUGARS: 11 g, PROTEIN: 36 g, SODIUM: 360 mg, CHOLESTEROL: 83 mg

FULL RECIPE TUESDAY \$12.80

Japanese Negimaki WITH GINGERY CARROT PURÉE

SERVES 4. HANDS-ON TIME: 45 MINUTES. TOTAL TIME: 1 HOUR, 20 MINUTES.

Negimaki are traditionally marinated beef rolled around scallions. Here, asparagus and carrots are used instead for a unique twist.

INGREDIENTS:

- 21/2 large carrots, peeled, divided (NOTE: Slice 2 carrots into 1/2-inch-thick slices and remaining 1/2 carrot into matchsticks.)
- · 2 tbsp raw honey, divided (TRY: Wholesome Sweeteners Organic Raw Honey)
- 5 tsp reduced-sodium soy sauce, divided
- · 4 tsp peeled and minced fresh ginger, divided
- 1 tbsp sesame oil
- 1 tsp lime zest plus 4 tsp fresh lime juice, divided
- 1/8 tsp fresh ground black pepper, divided
- 1 tbsp red miso
- 1 lb beef flank steak, pounded to 1/8-inch thick and cut into 8 4 x 1-inch rectangles
- · 12 pencil-thin asparagus spears, trimmed and halved crosswise (NOTE: If thin asparagus isn't available, cut larger asparagus in half lengthwise before cutting crosswise.)
- · 1 tsp safflower oil

EQUIPMENT:

· 16 wooden toothpicks, soaked in water for 30 minutes

INSTRUCTIONS:

ONE: In a medium saucepan fitted with a steamer basket, bring 2 inches water to a boil. Add sliced carrots to steamer basket. Cover, reduce to medium and steam until

very tender when tested with a fork, about 30 minutes. Using a slotted spoon, transfer carrots to a food processor along with 2 tbsp hot cooking water, 1 tbsp honey, 1 tsp soy sauce, 2 tsp ginger, sesame oil, lime zest, 1 tsp lime juice and pinch pepper. Purée until smooth, 1 to 2 minutes.

TWO: Meanwhile, in a medium baking dish, whisk together miso, remaining 1 tbsp honey, 4 tsp soy sauce, 2 tsp ginger, 1 tbsp lime juice and pinch pepper. Add beef to dish, turning to coat. Marinate at room temperature for 25 minutes.

THREE: Meanwhile, in a large skillet, bring ½ inch water to a boil. Add asparagus and cook until crisp-tender, about 2 minutes. Plunge asparagus into a bowl of ice water for 30 seconds, then use a slotted spoon to transfer to a baking sheet. To same water, add carrot matchsticks and cook until tender, about 5 minutes. Plunge into ice water and transfer to sheet with asparagus.

FOUR: Place steak on a large cutting board. Pile 3 pieces asparagus and 4 carrot matchsticks along the long side of 1 steak strip, 1 inch from edge. Starting at edge nearest vegetables, roll up steak as tightly as possible and secure with 2 toothpicks. Repeat to make 8 rolls total.

FIVE: In a large grill pan on medium-high, heat safflower oil. Grill rolls until steak is browned on the outside and medium-rare to medium on the inside, turning often with tongs, about 8 minutes total. Remove rolls from pan and let rest for 5 minutes. Remove toothpicks. Divide purée among serving plates and top each with rolls.

NUTRIENTS PER SERVING

(2 ROLLS AND 1/2 CUP PURÉE):

CALORIES: 263, TOTAL FAT: 12 g, SAT. FAT: 4 g, MONO-UNSATURATED FAT: 5 g, POLYUNSATURATED FAT: 2 g, CARBS: 14 q, FIBER: 2 q, SUGARS: 10.5 q, PROTEIN: 25 q, SODIUM: 392 mg, CHOLESTEROL: 68 mg





Chipotle Honey– Roasted Chicken

SERVES 4. HANDS-ON TIME: 45 MINUTES. TOTAL TIME: 50 MINUTES.

Sweet and spicy chicken tops saucy pinto beans in this easy recipe. For a change, you can make this dish into a wrap – simply shred the chicken and serve it with the beans in warm whole-wheat tortillas.

INGREDIENTS:

- · Olive oil cooking spray
- 1 tbsp raw honey
- 21/2 tsp safflower oil, divided
- 1 tsp lime zest plus 2 tsp fresh lime juice, divided
- 1/4 plus 1/8 tsp chipotle chile powder, divided
- 1/2 tsp sea salt, divided
- · Pinch fresh ground black pepper
- 4 bone-in, skinless chicken breasts (about 2½ lb total)
- 1 small red onion, finely chopped
- 1 tbsp minced garlic
- 1 tbsp finely chopped seeded jalapeño chile pepper
- · 1 tbsp unsalted tomato paste
- 1 15-oz BPA-free can unsalted pinto beans, drained and rinsed (TRY: Eden Organic Pinto Beans)
- 1 cup low-sodium chicken broth
- 3 tbsp finely chopped fresh cilantro leaves, divided

INSTRUCTIONS:

ONE: Preheat oven to 400°F. Line a large rimmed baking sheet with foil and mist with cooking spray.

TWO: In a small bowl, combine honey, 2 tsp oil, lime juice, ¼ tsp chile powder, ¼ tsp salt and black pepper.

THREE: Using paper towels, pat chicken dry and place on prepared sheet. Brush chicken evenly with honey mixture. Roast for about 30 to 35 minutes, turning over halfway, until golden brown and chicken reaches 165°F when tested with an instantread thermometer in thickest part. Remove from oven, cover and let rest for 5 minutes. Using tongs, turn chicken to dip both sides in caramelized juices on sheet. (Alternatively, use a brush to brush it on.)

FOUR: Meanwhile, in a medium saucepan on medium, heat remaining ½ tsp oil. Add onion, garlic, jalapeño, remaining ½ tsp chile powder and remaining ¼ tsp salt. Sauté until onion is soft, about 5 minutes. Add tomato paste and sauté for 1 minute. Add beans and broth, and bring to a simmer on medium-high. Cover, reduce heat to low and simmer for 25 minutes more. Stir in lime zest and 2 tbsp cilantro.

FIVE: Divide beans among shallow bowls and top each serving with 1 piece of chicken. Drizzle any remaining juices from baking pan over chicken and sprinkle with remaining 1 tbsp cilantro.

NUTRIENTS PER SERVING (1 CHICKEN BREAST AND $\frac{1}{2}$ CUP BEANS)

CALORIES: 422, TOTAL FAT: 9 g, SAT. FAT: 2 g,
MONOUNSATURATED FAT: 2 g, POLYUNSATURATED
FAT: 3 g, CARBS: 23 g, FIBER: 6 g, SUGARS: 6 g, PROTEIN:
58 g, SODIUM: 387 mg, CHOLESTEROL: 166 mg

THURSDAY COST PER PLATE \$6.35

Golden White Bean Burgers WITH BEET TZATZIKI

SERVES 4. HANDS-ON TIME: 40 MINUTES. TOTAL TIME: 1 HOUR, 25 MINUTES.

Vibrant magenta tzatziki sauce adds rich and sweet notes to this light Greek-inspired entrée.

INGREDIENTS:

- 1 small beet
- 1/2 cup plain whole-milk Greek yogurt
- 1/4 cup coarsely chopped fresh dill
- 1 tsp lemon zest plus 2 tsp fresh lemon iuice, divided
- 2 tsp minced garlic, divided

- 1/4 plus 1/8 tsp sea salt, divided
- 1/4 tsp fresh ground black pepper, divided
- · 2 tsp safflower oil, divided
- 1 small red onion, finely chopped
- 1 15-oz BPA-free can unsalted white beans (such as navy or cannellini), drained and rinsed
- 1 large egg
- 3/4 cup whole-wheat bread crumbs, divided
- 1/2 cup chopped fresh flat-leaf parsley leaves
- 8 romaine lettuce leaves

INSTRUCTIONS:

ONE: Prepare tzatziki: Preheat oven to 400°F. Wrap beet in foil and place in a small baking dish. Roast until beet is easily pierced with a fork, about 1 hour, 20 minutes. Set aside until cool enough to handle, then peel and coarsely chop. Add beet to a food processor along with yogurt, dill, 1 tsp lemon juice, 1 tsp garlic, 1/2 tsp salt and pinch pepper. Purée until smooth, about 1 minute. Transfer to a bowl and set aside. Clean out food processor.

(MAKE AHEAD: Beet tzatziki can be made up to 2 days in advance; cover and refrigerate.)

TWO: In a medium nonstick skillet on medium, heat ½ tsp oil. Add onion and remaining 1 tsp garlic. Sauté, stirring occasionally, until onion softens, about 5 minutes. Remove from heat and let mixture cool slightly before transferring to food processor. Wipe out skillet and set aside.

THREE: To onion mixture in food processor, add beans, egg, ½ cup bread crumbs, parsley, lemon zest, remaining 1 tsp lemon juice, remaining ¼ tsp salt and remaining pinch pepper. Process until blended and parsley is minced, about 20 seconds.

FOUR: Form bean mixture into 4 patties, about 1 inch thick. (NOTE: The mixture will be wet and sticky.) Using your thumb, press a slight indent in center of each patty. To a shallow bowl, add remaining 1/4 cup bread crumbs. Dredge patties in bread crumbs, turning to coat both sides.

FIVE: In same skillet on medium, heat remaining 1½ tsp oil. Add patties and cook for about 8 minutes, turning once, until golden brown. Divide lettuce among serving plates. Top with patties and tzatziki.

NUTRIENTS PER SERVING (1 PATTY, 2 LETTUCE LEAVES, 3 TBSP TZATZIKI):

CALORIES: 230, TOTAL FAT: 8 G, SAT. FAT: 3 G, MONOUNSATURATED FAT: 1.5 G, POLYUNSATURATED FAT: 2 G, CARBS: 30 G, FIBER: 7 G, SUGARS: 4 G, PROTEIN: 11.5 G, SODIUM: 260 MG, CHOLESTEROL: 52 MG



Kamut Salad

WITH ROASTED GRAPES, BUTTERNUT SQUASH & BRUSSELS SPROUTS

SERVES 4.

HANDS-ON TIME: 30 MINUTES.
TOTAL TIME: 1 HOUR, 15 MINUTES
(PLUS OVERNIGHT SOAKING TIME
AND COOLING TIME).

This colorful grain salad is delicious warm or at room temperature. If you don't have time to soak the Kamut in advance, cook it for an additional 10 to 15 minutes. For a twist, swap in another whole grain, such as farro, barley, quinoa or wheat berries.

INGREDIENTS:

- 1 cup Kamut berries, soaked overnight and drained (TRY: Bob's Red Mill Organic Kamut Berries)
- · Olive oil cooking spray
- 1½ cups peeled and diced butternut squash
- · 2 tbsp olive oil, divided
- 1/2 tsp sea salt, divided
- ¼ tsp fresh ground black pepper, divided
- 2 cups trimmed and quartered Brussels sprouts (about 6 oz)
- 1 cup seedless red or purple grapes
- 2 tbsp fresh orange juice
- · 1 tbsp red wine vinegar
- 1 tbsp raw honey
- · 2 tsp Dijon mustard
- ¼ cup coarsely chopped unsalted walnuts, lightly toasted
- ¼ cup finely chopped fresh flat-leaf parsley leaves

INSTRUCTIONS:

ONE: Arrange 1 rack in lower third and another rack in upper third of oven; preheat to 400°F. In a medium saucepan, bring 3 cups water to a boil. Stir in Kamut, reduce heat to medium-low, cover and simmer until tender and slightly chewy, 45 to 50 minutes. Drain and set aside to cool TWO: Meanwhile, line 2 large rimmed baking sheets with foil and mist with cooking spray. In a medium bowl, toss squash with 1 tsp oil, 1/8 tsp salt and pinch pepper. Spread squash evenly across half of 1 sheet. In same bowl, toss Brussels sprouts with 1 tsp oil, 1/8 tsp salt and pinch pepper. Spread Brussels sprouts in an even layer on other half of sheet with squash. Transfer to lower rack in oven and roast for 20 to 25 minutes, turning halfway, until vegetables are tender and Brussels sprouts are lightly golden brown. Meanwhile, in same bowl, toss grapes with 1 tsp oil, 1/8 tsp salt and pinch pepper. Spread grapes evenly on remaining baking sheet. Roast grapes on upper rack for 15 minutes. Let cool to room temperature.

THREE: Meanwhile, in a large bowl, whisk together remaining 1 tbsp oil, orange juice, vinegar, honey, mustard, remaining % tsp salt and remaining pinch pepper. Add Kamut, squash, Brussels sprouts, grapes, walnuts and parsley to bowl. Toss gently until evenly mixed.

NUTRIENTS PER SERVING (11/2 CUPS):

CALORIES: 355, TOTAL FAT: 13 g, SAT. FAT: 2 g,
MONOUNSATURATED FAT: 6 g, POLYUNSATURATED
FAT: 5 g, CARBS: 55 g, FIBER: 9 g, SUGARS: 16.5 g,
PROTEIN: 10 g, SODIUM: 286 mg, CHOLESTEROL: 0 mg







MONDAY

Pineapple Chicken Stir-Fry

- O 1 lb boneless, skinless chicken breasts \$4.49
- O 1 small white onion \$0.40
- O 61/2 oz white button mushrooms \$1.31
- O 5 oz snow peas \$1.88 O 1-inch piece
- fresh ginger \$0.17 O ½ jalapeño
- chile pepper \$0.17 \$0.12 2 cloves garlic
- O 1/4 pineapple \$0.75 O 11/4 cups BPA-free canned unsalted

black beans

O ²/₃ cup short-grain \$1.12 brown rice

\$1.50

Total: \$11.91

PANTRY STAPLES

- O Reduced-sodium soy sauce
- O Rice vinegar
- O Raw honey
- O Safflower oil
- O White wholewheat flour
- O Low-sodium chicken broth
- O Rice vinegar



TUESDAY

Japanese Negimaki

- O 1 lb beef flank steak
- O 21/2 large carrots \$1.70 O 12 thin spears fresh
- asparagus \$1.38
- O 1-inch piece fresh ginger \$0.17
- \$0.20 O 1 lime O 1 tbsp red miso \$0.55

Total: \$12.80

PANTRY STAPLES

- O Raw honey
- O Reduced-sodium soy sauce
- O Fresh ground black pepper
- O Safflower oil
- O Sesame oil

WEDNESDAY

Chipotle Honey-Roasted Chicken

- 4 bone-in, skinless chicken breasts \$12.04 $(2\frac{1}{2} \text{ lb total})$
- O 1 lime \$0.20 O 1 small red onion \$0.74
- O ½ jalapeño chile pepper \$0.17
- O 3 cloves garlic \$0.18
- O ⅓ bunch fresh cilantro leaves \$0.12
- O 1 15-oz BPA-free can unsalted pinto beans

Total: \$15.11

PANTRY STAPLES

- Olive oil cooking spray
- O Raw honey
- O Safflower oil
- O Chipotle chile powder
- O Sea salt
- O Fresh ground black pepper
- O Unsalted tomato paste
- O Low-sodium chicken broth

THURSDAY Golden White Bean Burgers

O 1 small beet \$0.47 O 1 lemon \$0.50

- O 1 small red onion \$0.74
- O 8 romaine lettuce leaves \$0.50
- O 2 cloves garlic \$0.12 ○ 1/2 bunch fresh dill
- \$0.17 O 1/4 bunch fresh
- flat-leaf parsley \$0.90 O 1/2 cup plain wholemilk Greek yogurt
- O 1 large egg \$0.30
- O 1 15-oz BPA-free can unsalted white beans (such as navy or \$1.67 cannellini)

Total: \$6.35

PANTRY STAPLES

- O Sea salt
- O Fresh ground black pepper
- O Safflower oil
- O Whole-wheat bread crumbs

FRIDAY

Kamut Salad

- O 1 cup Kamut berries
- O 1 small (1-lb) butternut squash
- O 6 oz Brussels sprouts \$2.30

\$1.00

- O 1/8 bunch fresh flat-leaf parsley \$0.45
- O 1 cup seedless red or
- purple grapes \$1.15 \$0.50
- O 1 orange O 1 oz unsalted walnuts
 - \$2.14

Total: \$8.46

PANTRY STAPLES

- O Olive oil cooking spray
- O Olive oil
- O Sea salt
- O Fresh ground black pepper
- O Raw honey
- O Dijon mustard
- O Red wine vinegar @













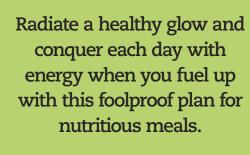




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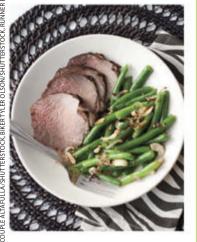
2-WEEK MEAL PLAN



BY HEATHER BAINBRIDGE, RD, CDN
RECIPE PHOTOGRAPHY BY NATALIE PERRY













SHOPPING LIST: WEEK 1

PROTEINS & DAIRY

- O 7 oz goat cheese
- O 4 oz fresh mozzarella cheese
- Q 3 oz feta cheese
- O 1/2 dozen large eggs
- ½ qt milk (dairy or unsweetened rice, almond or soy milk)
- O 1/2 qt whole buttermilk
- O 1 17.6-oz container plain Greek yogurt
 - (TRY: FAGE Total Classic)
- O 6 oz all-natural deli-fresh roasted turkey breast, no added nitrates or nitrites
- O 4 oz boneless pork chop
- O 5 5-oz boneless, skinless chicken breasts
- O 11/4 lb boneless, skinless chicken tenders
- O 5 oz cod
- O 4 oz boneless, skinless salmon fillet
- O 2 all-natural veggie burgers (TRY: Amy's California Veggie Burger)

VEGGIES & FRUITS

- O 4 apples
- O 2 bananas (NOTE: Freeze 1.)
- O 6 oranges
- O 5 kiwi
- O 1 avocado
- O 1 butternut squash
- O 6 oz Brussels sprouts
- O 1 bunch seedless red or purple grapes
- O 1 bunch fresh basil
- O 1 bunch fresh mint
- O 1 bunch fresh flat-leaf parsley
- O 10 oz baby spinach
- O 9 oz mixed greens
- O 101/2 oz carrots
- O 1 bunch celery
- O 1 head garlic
- Q 2 lemons
- O 8 Campari tomatoes
- O 2 lb grape tomatoes
- O 1 sweet potato
- O 1 zucchini

WHOLE GRAINS

- O 1 pkg whole-grain wraps
- O 1 box whole-grain crackers
- O 1 box whole-grain cereal
- O 1 bag barley flour
- O 1 bag oat flour O 1 bag wild rice
- O 1 box whole-wheat fettuccine
- O 1 bag Kamut berries
- O 1 pkg whole-wheat orzo

NUTS, SEEDS & OILS

- O 1 jar natural unsalted nut butter
- Q 5½ oz raw unsalted cashews
- O 2 oz raw unsalted pine nuts
- O 4 oz raw unsalted walnuts O 1 bottle extra-virgin olive oil
- (TRY: O-Live & Co. Extra-Virgin Olive Oil)
- O 1 bottle safflower oil
- O 1 bottle olive oil
- O 1 can olive oil cooking spray

EXTRAS

- O 1 bag dry brown lentils
- O 2 141/2-oz BPA-free cans unsalted diced tomatoes
- O 1 qt low-sodium vegetable broth (TRY: Pacific Foods Organic Low-Sodium Vegetable Broth)
- O 1 container unsweetened cocoa powder
- O 1 bottle instant espresso powder
- O 1 bottle Mediterranean herb blend
- O 1 bottle ground cinnamon
- O 1 bottle ground nutmeg
- O 1 bottle red pepper flakes
- O 1 bottle dried rosemary
- O 1 bottle dried oregano
- O 1 bottle garlic powder
- O 1 bottle ground black pepper
- O 1 bottle coarse sea salt
- O 1 container baking powder
- O 1 box baking soda
- O 1 bottle raw honey
- O 1 bottle Dijon mustard
- O 1 bottle red wine vinegar
- O 1 small bag Sucanat
- O 1 bottle pure vanilla extract
- Q 18-oz container hummus
- O 1 bottle balsamic vinegar
- O 1 bottle apple cider vinegar
- O 1 3-oz pouch wild albacore tuna (TRY: Wild Planet Wild Albacore Tuna)
- O 2 15-oz jars unsalted artichokes in water or 16-oz bag frozen
- O 1 bag frozen mango chunks (TRY: Earthbound Farm Organic Frozen Mango Chunks)
- O 1 bag frozen raspberries
- O 1 bag frozen root vegetable medley (TRY: Earthbound Farm Rustic Cut Frozen Root Medley)
- O 1 bag frozen broccoli florets
- O 1 container vanilla protein powder
- O 1 jar pitted Kalamata olives
- O 1 container paper muffin liners

MEAL PLAN: WEEK 1

MONDAY

1 serving Orange Chocolate Zucchini Muffins (see recipe, p. 78; save leftovers)

1/2 cup Greek yogurt

TUESDAY

Banana Cereal:

Top 1 cup cereal with 1 banana, sliced, and 34 cup milk



1 oz cashews

½ cup Greek yogurt with ¾ cup frozen mango chunks, thawed

LUNCH

SNACK

BREAKFAST

Tuna Salad Wrap: In

1 wrap, arrange 5 baby spinach leaves and 3 oz tuna mixed with ¼ cup each chopped celery and carrots, 2 tbsp Greek yogurt, and 1 tsp each lemon juice and chopped basil, and pinch black pepper

1 orange

1 serving Chicken Bruschetta Roll-Ups with Tomato and Artichoke Fettuccine (leftovers, p. 78)

1 kiwi



SNACK

2 tbsp hummus



1 carrot, sliced, with

1 oz crackers with ¾ oz goat cheese

1 serving Chicken Bruschetta Roll-Ups with Tomato and Artichoke Fettuccine (see recipe, p. 78; save leftovers)

1 kiwi

Dijon Pork Chop: Top a 4-oz pork chop with 2 tsp mustard; bake

2 cups baby spinach, sautéed in 1 tsp EVOO

Roast 1 cup frozen root vegetable medley, thawed, with 1 tbsp EVOO and 1 tsp dried rosemary (save half for leftovers)

TOTAL **NUTRIENTS**

DINNER

CALORIES: 1,306, FAT: 53 q, **SAT. FAT**: 16 g, **CARBS**: 135.5 g, **FIBER**: 27 g, SUGARS: 50 g, PROTEIN: 81.5 q, **SODIUM**: 1,186 mq, CHOLESTEROL: 200 mg

CALORIES: 1,604, FAT: 56 q, SAT. FAT: 21 q, CARBS: 189.5 g, **FIBER**: 30 g, SUGARS: 74 g, PROTEIN: 97 q, **SODIUM**: 1,274 mq, CHOLESTEROL: 225 mg

NOTE: Clean Eating shopping lists include all the items you'll need to prepare 70 meals for one adult (with leftovers). At the end of Week Two, freeze any unused items for future use.

WEDNESDAY Mango Raspberry Smoothie: Blend 34 cup milk, ½ cup each frozen mango and raspberries, ½ cup baby spinach and ¼ cup protein powder with ice 1 serving Orange Chocolate Zucchini Muffins (leftovers, p. 78) California Turkey Wrap: In 1 wrap, arrange 3 oz turkey, ½ oz goat cheese, ½ Campari tomato, sliced, ¼ cup baby spinach and ¼ avocado, sliced 1 apple ½ cup roasted root vegetable medley (leftovers), reheated, dipped in 2 tsp

FIBER: 37 q, **SUGARS**: 69 q,

PROTEIN: 95.5 q, SODIUM:

1,546 mg, CHOLESTEROL:

164 ma

FIBER: 36 q, **SUGARS**: 56 q,

PROTEIN: 91.5 q, SODIUM:

1,937 mg, CHOLESTEROL:

183 ma

FIBER: 46 q, SUGARS: 55 q,

PROTEIN: 45 q, SODIUM:

1,392 mg, CHOLESTEROL:

226 ma

THURSDAY FRIDAY SATURDAY 1 serving Orange **Peanut Butter Banana Pie Protein** Chocolate Zucchini Roll-Up: On 1 wrap. Shake: Blend ¾ cup Muffins (leftovers. spread 1½ tbsp nut buttermilk, 1 banana, p. 78) butter; top with frozen, ½ cup spinach, ½ apple, sliced, and ¼ cup protein powder, 3 oz turkey sprinkle with ground pinch each nutmeg cinnamon; roll (heat and ground cinnamon in toaster oven, if with ice desired) Remaining 1/2 apple 1 apple, 1 egg, hardboiled 1 serving Orange sliced, with Chocolate Zucchini 1½ tbsp Muffins (leftovers, nut butter p. 78), thawed ½ oz mozzarella Veggie Burger Wrap: Avocado & Tomato Veggie Burger Salad 🔼 In 1 wrap, arrange Wrap: On 1 wrap, 1 orange 1 cooked veggie burger, spread 1/2 avocado, crumbled, ½ Campari mashed. Top with tomato, sliced, 1/4 cup 2 Campari tomatoes, baby spinach and sliced and seeded, 1/4 avocado, sliced ½ tsp balsamic vinegar and pinch each salt 1 carrot, sliced and black pepper 1 kiwi 1 orange ½ cup grape tomatoes Raspberry Yogurt 1 oz crackers with ½ cup Greek yogurt Crunch: Top ½ cup 2 tbsp hummus topped with ½ cup Greek yogurt with frozen raspberries, 34 cup frozen raspberthawed, and 1 kiwi, mustard ries, thawed, and 2 tbsp sliced cereal Honey Dijon Salmon: **Mediterranean Cod: Broccoli & Tomato** 1 serving Herby Sprinkle 5 oz cod and Combine 2 tsp mustard, Chicken Kebabs with Fettuccine: Toss 2 oz ½ cup grape tomatoes ½ tsp honey, ½ clove Olive-Studded Orzo fettuccine, cooked, with with ½ clove garlic, (see recipe, p. 28) 1 cup frozen broccoli, garlic, minced, and minced, and 2 tsp ½ tsp black pepper; steamed, ½ cup grape lemon juice; bake spread over 4 oz tomatoes, halved, 11/4 oz salmon; bake goat cheese, 1 tbsp 2 cups spinach, balsamic vinegar, 2 tsp steamed with ½ clove 1 cup frozen broccoli, EVOO and pinch each garlic, minced steamed salt, black pepper and 34 cup cooked wild rice 3/4 cup cooked lentils garlic powder with 2 tsp pine nuts mixed with 2 tsp each 1 kiwi lemon juice & pine nuts CALORIES: 1,430, FAT: 47 q, CALORIES: 1,583, FAT: 57 q, CALORIES: 1,552, FAT: 68 q, CALORIES: 1,771, FAT: 68 q, SAT. FAT: 23 q, CARBS: 224 q, **SAT. FAT**: 11 g, **CARBS**: 163 g, SAT. FAT: 14 g, CARBS: 187 g, SAT. FAT: 14 g, CARBS: 195 g,

SUNDAY Goat Cheese Egg B 1 serving Orange Chocolate Zucchini Muffins (leftovers, p. 78), thawed 1 apple 1 oz cashews 1 serving Kamut Salad with Roasted Grapes, **Butternut Squash** & Brussels Sprouts (see recipe, p. 71) 1 orange 1 oz crackers with 2 tbsp hummus **Rosemary Baked** Chicken: Pour 2 tbsp broth over a 5 oz chicken breast and top with 1/8 tsp dried rosemary and pinch each salt and black pepper; bake

Veggie Burger Salad: Top 3 cups mixed greens with 1 veggie burger, cooked and crumbled, ½ cup each grape tomatoes and cooked lentils and ¼ cup chopped carrot; with 2 tsp apple cider vinegar mixed with 1 tsp EVOO. ½ tsp mustard and pinch each salt and black pepper

Goat Cheese Egg: Cook 1 egg, whisked, until almost set; top with 1 oz goat cheese and pinch black pepper; heat until egg is cooked through

Salad with **Tomatoes:**

Top 3 cups mixed greens with 1 Campari tomato, sliced; with 1 tsp balsamic vinegar mixed with 1 tsp EVOO, 1 tsp lemon juice, 1/2 tsp mustard and pinch each dried oregano, salt and black pepper

1 sweet potato, baked

and topped with 1 oz

Salad with Tomatoes

CALORIES: 1,611, FAT: 63 q,

SAT. FAT: 18 g, CARBS: 198 g,

FIBER: 38 q, SUGARS: 75.5 q,

PROTEIN: 82.5 q, SODIUM:

1,230 mg, CHOLESTEROL:

goat cheese

336 mg

FIBER: 44 g, SUGARS: 87 g,

PROTEIN: 83.5 q, SODIUM:

1,760 mg, CHOLESTEROL:

197 mg

SHOPPING LIST: WEEK 2

PROTEINS & DAIRY

- O 3 oz fresh mozzarella cheese
- O 2 oz mozzarella cheese
- O 16 oz cottage cheese
- O 9 oz ricotta cheese
- O 1 qt milk (dairy or unsweetened rice, almond or soy milk)
- O 1 17.6-oz plus 1 7-oz container plain Greek yogurt (TRY: FAGE Total Classic)
- O 3 lb eye-of-round beef roast
- O 2 Italian-style cooked chicken sausages
- O 3 5-oz boneless, skinless chicken breasts
- O 5 oz cod

VEGGIES & FRUITS

- O 4 apples
- 4 bananas (**NOTE:** Freeze 2.)
- O 5 kiwi
- O 6 oranges
- O 2 lemons
- O 1 butternut squash
- **Q** 1 bunch fresh mint
- O 1/4 lb Brussels sprouts
- 1 small bunch fresh flat-leaf parsley

- O 1 large head Boston lettuce
- O 14 oz fresh spring mix greens
- O 3 oz baby arugula leaves
- O 1 lb fresh green beans
- O 2 shallots
- O 1 head garlic
- O 2 vine tomatoes

WHOLE GRAINS

- O 1 pkg whole-wheat English muffins
- O 1 pkg whole-wheat couscous
- O 1 pkg whole-grain pitas

EXTRAS

- 1 3-oz pouch wild albacore tuna (TRY: Wild Planet Wild Albacore Tuna)
- O 1 bag frozen broccoli florets
- O 1 8-oz container hummus
- O 1 jar tahini paste
- O 1½ oz unsweetened dried cherries
- O 1 jar unsalted tomato sauce
- O 1 15-oz BPA-free can unsalted chickpeas

WHAT ELSE DO YOU NEED?

25		

NOTE: Clean Eating shopping lists include all the items you'll need to prepare 70 meals for one adult (with leftovers). At the end of Week Two, freeze any unused items for future use.

MEAL PLAN: WEEK 2

MONDAY

Mango Mint Cottage Cheese: Top 1 cup cottage cheese with

34 cup frozen mango chunks, thawed, and 1 tbsp chopped mint

TUESDAY

Banana Cereal:

Top 1 cup cereal with 1 banana, sliced, and 3/4 cup milk



SNACK

LUNCH

1 serving Orange Chocolate Zucchini Muffins (leftovers, p. 78), thawed 1 egg, hardboiled



Chicken Salad Wrap A

1 orange

1 oz cashews

Beef & Garlicky Green Beans with Crispy Shallots (leftovers, p. 79)

1 serving Cocoa Roast

1 apple



SNACK

1 cup celery sticks ½ oz crackers with 2 tbsp hummus

1 wholewheat English muffin, toasted, with 1 tbsp nut butter



DINNER

1 serving Cocoa Roast Beef & Garlicky Green Beans with Crispy Shallots (see recipe, p. 79; save leftovers)

1 kiwi

Sautéed Garlic Cod:

Season 5 oz cod with 1 clove garlic, minced, and pinch red pepper flakes; sauté in 2 tsp EVOO

1 cups Brussels sprouts, halved; sautéed in 2 tsp EVOO ¾ cup cooked wild rice with 2 tsp pine nuts

TOTAL NUTRIENTS CALORIES: 1,615, FAT: 56 g, SAT. FAT: 15 g, CARBS: 163 g, FIBER: 31 g, SUGARS: 76.5 g, PROTEIN: 126.5 g, SODIUM: 1,987 mg, CHOLESTEROL: 236 ma CALORIES: 1,657, FAT: 67 g, SAT. FAT: 15 g, CARBS: 169 g, FIBER: 33 g, SUGARS: 53.5 g, PROTEIN: 116 g, SODIUM: 1,358 mg, CHOLESTEROL: 401 mg CASHEW DANCESTROKES/SHUTTERSTOCK, CEREAL DAN KOSMAYER/SHUTTERSTOCK, NUT BUTTER MELICA/SHUTTERSTOCK, HARD-BOILED EGG NATTIKA/SHUTTERSTOCK APPLE BAIBAZ/SHUTTERSTOCK, CELERY DIANA TALIUN/SHUTTERSTOCK, KIWI VOLOSINA/SHUTTERSTOCK, ENGLISH MUFFIN LIZ VAN STEENBURGH/SHUTTERSTOCK

Chicken Salad Wrap: On 1 wrap, arrange ¼ cup spring mix greens and 5 oz chicken breast, cooked and shredded. mixed with ¼ cup each chopped celery and carrot, 2 tbsp Greek yogurt, 1 tsp each balsamic vinegar,

lemon juice and

minced basil, and

Tuna Salad Sandwich:

pinch black

pepper

On 1 English muffin, split and toasted, arrange ¼ cup spring mix greens, 1 tomato slice and 3 oz tuna, mixed with 2 tbsp each chopped celery, carrot and apple, 2 tbsp Greek yogurt, 1 tsp each lemon juice and minced basil, and pinch black pepper

Italian Omelette:

Sauté ½ cup each frozen broccoli florets, thawed, and chopped tomatoes, and 1 clove garlic. minced, in ½ tsp EVOO; whisk 1 egg with 1 tsp water; add to pan; when egg is set, add 1 oz shredded mozzarella and 1 tsp torn basil; cook until set and fold over

WEDNESDAY

1 serving Orange Chocolate Zucchini Muffins (leftovers, p. 78), thawed

1 egg, hardboiled

1 apple



2 celery stalks, sliced; top with 1 oz goat cheese



1 oz crackers with

2 tbsp hummus

THURSDAY

Chocolate Nut Butter

¼ cup protein powder,

Banana Shake:

Blend 1 banana.

with ice

frozen, ¾ cup milk,

2 tsp nut butter and

½ tsp cocoa powder

1 kiwi 1 oz cashews

FRIDAY

Cinnamon Apple

Cottage Cheese:

with pinch ground

serve with 1 cup

cottage cheese

cinnamon; heat and

Mix 1 apple, chopped,

with ¾ cup frozen raspberries, thawed

1 cup Greek yogurt

SATURDAY

Top 1 cup cereal with

1 banana, sliced, and

Banana Cereal:

34 cup milk

1/4 cup butternut squash seeds (leftovers)

SUNDAY

Italian Omelette

muffin, toasted

1 whole-wheat English

1 serving Couscous Lettuce Wraps with Chickpeas & Cherries

(see recipe, p. 32)

Roast Beef & Goat Cheese Sandwich: On 1 English muffin, split and toasted, arrange 3 oz roasted eye-of-round beef (leftovers, p. 79), sliced, 1 oz goat cheese, 1 tomato slice, ¼ cup spring mix greens and 1 tsp chopped mint 2 kiwi, sliced

1 serving Roasted Butternut Squash & Lemony Lentil Salad (leftovers, p. 79

1 orange

Tuna Salad Sandwich B

Remaining apple (from sandwich)



Banana Butternut Smoothie: Blend 1 banana, frozen, ½ cup butternut squash (leftovers), steamed, 1 cup milk, ¼ cup protein powder and pinch each ground cinnamon

and nutmeg with ice

Cinnamon Orange Yogurt: Combine

1 orange, peeled and chopped, ½ cup Greek yogurt and pinch ground cinnamon

1½ cups frozen broccoli, steamed; melt 1 oz mozzarella over top

1 oz crackers with 1 tbsp nut butter

Beef & Hummus English Muffin:

On ½ English muffin, toasted, arrange 1 oz roasted eye-of-round beef (leftovers, p. 79), thawed, sliced, and 1 tbsp hummus

Kiwi Yogurt Crunch: Mix ½ cup cereal, ½ cup Greek yogurt, 1 kiwi, finely chopped, and 2 tsp pine nuts

1 serving Pita Pizzas

Arugula (see recipe,

with Sausage &

p. 31)

Lemon Chicken:

Top 5 oz chicken breast with 2 tsp lemon juice and pinch each salt and black pepper; bake

11/2 cups steamed frozen broccoli

34 cup cooked wild rice with 2 tsp pine nuts

1 serving Roasted Butternut Squash & Lemony Lentil Salad (see recipe, p. 79; save leftovers)

Lean Roast Beef Salad Wrap: In 1 wrap, arrange 3 oz roasted eye-of-round beef (leftovers, p. 79), sliced, 1 oz mozzarella cheese, 1 tomato slice, 1/4 cup spring mix greens and 1 tbsp hummus

Season 5 oz chicken with 2 tsp lemon juice, 1/2 clove garlic, minced, 1/4 tsp dried rosemary and pinch each salt and black pepper

1 cup butternut squash, steamed (leftovers) with pinch salt, black pepper and dried rosemary

1 cup lemony lentils (leftovers, p. 79)

290 mg

CALORIES: 1,738, FAT: 46 q, CALORIES: 1,488, FAT: 70 q, SAT. FAT: 19 q, CARBS: 225 q, SAT. FAT: 29 g, CARBS: 153 g, FIBER: 48 g, SUGARS: 68 g, FIBER: 21 q, SUGARS: 59.5 q, PROTEIN: 128 q, SODIUM: PROTEIN: 85.5 q, SODIUM: 2,039 mg, CHOLESTEROL: 1,565 mg, CHOLESTEROL: 409 mg

CALORIES: 1,446, **FAT**: 51 q, **SAT. FAT**: 17 g, **CARBS**: 180 g,

FIBER: 34 q, **SUGARS**: 63 q, PROTEIN: 81.5 q, SODIUM: 1,100 mg, CHOLESTEROL: 373 mg

CALORIES: 1,488, FAT: 55 q, SAT. FAT: 20.5 g, CARBS: 176 g, FIBER: 41 q, SUGARS: 62 q, PROTEIN: 97 q, SODIUM: 1,524 mg, CHOLESTEROL: 138 mg

CALORIES: 1,530, FAT: 69 q, SAT. FAT: 20.5 g, CARBS: 152 g, **FIBER**: 35 q, **SUGARS**: 59 q, PROTEIN: 91 q, SODIUM: 1,771 mg, CHOLESTEROL: 117 mg

RECIPES: WEEK 1



Orange Chocolate Zucchini **Muffins**

MAKES 12 MUFFINS. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 35 MINUTES (PLUS COOLING TIME).

INGREDIENTS:

- · 1 cup barley flour
- 34 cup oat flour
- · 2 tbsp unsweetened cocoa powder
- 1 tsp instant espresso powder
- · 1 tsp baking powder
- · 11/4 tsp ground nutmeg, divided
- 3/4 tsp ground cinnamon, divided
- 1/2 tsp baking soda
- 1/4 tsp coarse sea salt
- 1 large egg
- ¾ cup whole buttermilk
- · 3 tbsp raw honey
- · 2 tbsp safflower oil
- · 2 tbsp Sucanat
- · 1 tsp pure vanilla extract
- 1 cup shredded zucchini
- 1/2 cup peeled and shredded carrots
- · 1 tbsp orange zest

INSTRUCTIONS:

ONE: Preheat oven to 400°F. In a large bowl, combine flours, cocoa powder, espresso powder, baking powder, 34 tsp nutmeg, ½ tsp cinnamon, baking soda and salt. In a small bowl, whisk egg; stir in buttermilk, honey, oil, Sucanat and vanilla. Add liquid to dry mixture; stir just until combined. Fold in zucchini, carrots and orange zest.

TWO: Line 12 muffin cups with paper liners and fill threequarters of each liner with batter. Sprinkle remaining ½ tsp nutmeg and ¼ tsp cinnamon over batter. Bake for 15 minutes, until a toothpick comes out clean. Let cool in tin for 10 minutes, then remove muffins from tin and cool completely on a wire rack.

TIP: If following our 2-Week Meal Plan, store 2 muffins in a resealable plastic bag or container; freeze 4 muffins and defrost when called for.

NUTRIENTS PER SERVING

CALORIES: 134, TOTAL FAT: 4 q, SAT. FAT: 1 g, MONOUNSATURATED FAT: 1 g, **POLYUNSATURATED FAT: 2g, CARBS:** 22 q, FIBER: 2 q, SUGARS: 8 q, PROTEIN: 3.5 g, **SODIUM:** 158 mg, **CHOLESTEROL:** 17 ma

Chicken Bruschetta Roll-Ups

WITH TOMATO & ARTICHOKE **FETTUCCINE**

SERVES 4 HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 45 MINUTES.

INGREDIENTS:

- 4 5-oz boneless, skinless chicken breasts, pounded to 1/4-inch
- · 4 tsp balsamic vinegar, divided
- 1/4 tsp each coarse sea salt and fresh ground black pepper, divided
- · 2 cloves garlic, thinly sliced
- · 4 Campari tomatoes, cored, thinly sliced and seeds removed
- 3 oz fresh mozzarella cheese, thinly sliced
- 16 fresh basil leaves

PASTA

- 8 oz whole-wheat fettuccine
- · 2 cloves garlic, minced
- 2 15-oz jars unsalted artichokes in water, drained, or 2 cups frozen artichokes, thawed
- · 2 cups grape tomatoes, halved
- · 1 tbsp balsamic vinegar
- 1/3 cup whole buttermilk
- ½ tsp fresh ground black pepper
- 1/2 tsp red pepper flakes
- ¼ tsp coarse sea salt
- ¼ cup torn fresh basil leaves
- · 3 tbsp unsalted pine nuts, toasted

INSTRUCTIONS:

ONE: Preheat oven to 350°F. Place chicken on a rimmed baking sheet or glass baking dish. Drizzle 2 tsp vinegar over chicken and sprinkle 1/8 tsp each salt and black pepper over top. On each chicken breast, layer 1/2 clove sliced garlic, 1 sliced Campari tomato, ¾ oz cheese and 4 basil leaves. Roll chicken from top to bottom and

secure with a toothpick. Drizzle 2 tsp vinegar over chicken breasts and sprinkle 1/8 tsp each salt and black pepper over top. Cover with foil. Bake for 25 to 28 minutes or until juices run clear. Remove toothpicks.

TWO: Meanwhile, prepare pasta: Bring a large pot of water to a boil. Cook pasta according to package directions until al dente, adding minced garlic to cooking water. Drain, reserving 1 cup cooking water; set aside.

THREE: Return pasta to pot and heat on medium. Add artichokes, grape tomatoes, remaining 1 tbsp vinegar and reserved cooking water. Cook for 5 minutes, until tomatoes soften. Add buttermilk, ½ tsp black pepper, pepper flakes and 1/4 tsp salt. Continue to cook for 3 minutes, stirring often. (TIP: Gently simmer sauce but avoid bringing to a boil.)

FOUR: Reduce heat to low and stir in 1/4 cup torn basil and pine nuts. Stir to combine. Cover to keep warm and serve with

TIP: If following our 2-Week Meal Plan, refrigerate 1 serving for leftovers.

NUTRIENTS PER SERVING (5 OZ CHICKEN AND 11/2 CLIPS PASTA):

CALORIES: 424, TOTAL FAT: 14 q, SAT. FAT: 5 q, MONOUNSATURATED FAT: 4 q, POLYUNSATURATED FAT: 4 g, CARBS: 34.5 g, FIBER: 8 q, SUGARS: 8 q, PROTEIN: 42 q, SODIUM: 473 mg, CHOLESTEROL: 97 mg



RECIPES: WEEK 2



Cocoa **Roast Beef** & Garlicky **Green Beans** WITH CRISPY SHALLOTS

SERVES 4 **HANDS-ON TIME:** 45 MINUTES. TOTAL TIME: 2 HOURS, 35 MINUTES.

INGREDIENTS:

- 3 lb eye-of-round beef roast
- 6 cloves garlic (NOTE: Slice 3 cloves garlic and finely slice remaining 3 cloves), divided
- 1 tbsp unsweetened cocoa powder
- · 1 tbsp instant espresso powder
- 1 tbsp Sucanat
- 21/4 tsp fresh ground black pepper, divided
- 1¾ tsp coarse sea salt, divided
- 11/2 tsp red pepper flakes
- 11/2 tsp ground cinnamon
- 1 lb green beans
- · 4 tsp safflower oil, divided
- 1/2 cup thinly sliced shallots
- 2 tbsp cashew halves

INSTRUCTIONS:

ONE: Preheat oven to 350°F. Cut 4 slits about ½-inch deep lengthwise across top of beef roast. Tuck 3 cloves finely sliced garlic into slits. In a small bowl, combine cocoa powder, espresso powder, Sucanat, 2 tsp black

pepper, 1½ tsp salt, pepper flakes and cinnamon. Rub spice mixture over roast. Place roast in a heavy roasting pan fitted with a rack. Roast on middle rack for about 1 hour, 15 minutes for mediumrare and 1 hour, 25 minutes for medium. Remove from oven, cover loosely with foil and rest for 5 to 7 minutes. (Internal temperature should reach 145°F when tested with an instant-read thermometer).

TWO: During the last 30 minutes of cooking time, bring a large pot filled halfway with water to a boil. Add green beans; boil for 2 to 3 minutes or until beans turn bright green. Drain and plunge beans immediately into a large bowl filled with ice water for 5 to 8 minutes: drain. Cut beans in half crosswise: set aside.

THREE: In a medium skillet on medium, heat 1 tbsp oil. Add remaining sliced garlic and shallots. Sauté for 5 minutes, stirring constantly. Add cashews and remaining ¼ tsp salt. Sauté until browned, about 5 minutes more. Transfer mixture to a paper towel to drain.

FOUR: Wipe skillet clean and heat remaining 1 tsp oil on mediumhigh. Add green beans and remaining ¼ tsp pepper; sauté for 5 to 7 minutes, until beans are heated. Transfer beans to a bowl, add shallot mixture and toss.

FIVE: Thinly slice beef and serve with green bean mixture.

TIP: If following our 2-Week Meal Plan, refrigerate 1 serving for leftovers. Separately refrigerate 6 oz sliced beef and freeze 1 oz for use when called for.

NUTRIENTS PER SERVING

(5 OZ BEFF AND 4 OZ GREEN BEANS):

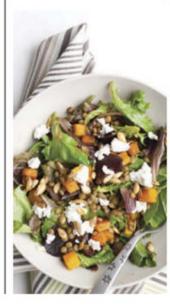
CALORIES: 392, TOTAL FAT: 15 q, SAT. FAT: 3 q, MONOUNSATURATED FAT: 5 q, POLYUNSATURATED FAT: 5 g, CARBS: 20 g, FIBER: 5 g, SUGARS: 5.5 G, PROTEIN: 46 g, SODIUM: 558 mg, CHOLESTEROL: 108 mg

Roasted **Butternut** Squash & Lemony Lentil Šalad

HANDS-ON TIME: 20 MINUTES. **TOTAL TIME:** 45 MINUTES.

INGREDIENTS:

- 3 cups low-sodium vegetable broth
- 1 cup brown lentils, rinsed
- 1 lemon (NOTE: Grate 1/2 tsp lemon zest and juice 11/2 tbsp plus 2 tsp fresh lemon juice), divided
- 1 butternut squash, peeled, seeded and cubed, seeds reserved
- 2 tbsp plus 1 tsp extra-virgin olive oil, divided
- 1/2 tsp each coarse sea salt and fresh ground black pepper, divided
- · 3 tbsp torn fresh mint leaves
- · 2 tbsp apple cider vinegar
- 1½ tsp raw honey
- 8 cups spring mix greens
- · 3 oz goat cheese



INSTRUCTIONS:

ONE: Preheat oven to 400°F. In a medium saucepan, bring broth and lentils to a boil. Reduce heat and simmer for 30 minutes or until lentils have absorbed liquid; remove from heat. In a small bowl, combine 1 cup lentils and 11/2 tbsp lemon juice; set aside for leftovers in our 2-Week Meal Plan.

TWO: Line a large and a small rimmed baking sheet with foil. In a large bowl, toss 2 cups squash with 1 tbsp oil and 1/4 tsp each salt and pepper; spread in an even layer on large sheet. Bake squash for 30 minutes. Toss squash seeds with 1 tsp oil and $\frac{1}{8}$ tsp each salt and pepper; spread in an even layer on small sheet. Bake seeds for 15 minutes: set aside.

THREE: Meanwhile, prepare dressing: In a small bowl, whisk mint, vinegar, remaining 1 tbsp oil, honey, remaining 2 tsp lemon juice, lemon zest and remaining 1/8 tsp each salt and pepper.

FOUR: In a large bowl, toss together spring mix, remaining lentils, squash, cheese and dressing. Divide among serving plates. Sprinkle 1 tbsp roasted seeds over each.

TIP: If following our 2-Week Meal Plan, refrigerate 1 serving of salad for leftovers. Additionally, set aside 1½ cups uncooked butternut squash cubes, ¼ cup roasted squash seeds and 1 cup lemony lentils (as described above) for use when called for.

NUTRIENTS PER SERVING

(3½ CUPS SALAD):

CALORIES: 286, TOTAL FAT: 14 q, SAT. FAT: 4.5 q, MONOUNSATURATED FAT: 8 q, **POLYUNSATURATED FAT: 1 q, CARBS:** 31 q, FIBER: 11 q, SUGARS: 6 q, PROTEIN: 14 g, SODIUM: 418 mg, CHOLESTEROL: 10 mg

Celebrate St. Paddy's with

IRELAND

Move over corned beef and cabbage this dish is the Real McCoy.

STORY AND PHOTOGRAPHY BY JILL SILVERMAN HOUGH



SILVERMAN HOUGH

A culinary instructor, recipe developer and most recently co-author of The Clean Plates Cookbook: Sustainable, Delicious, and Healthier Eating for Every Body (Running Press, 2012), Hough takes great enjoyment in helping readers create cleanedup versions of popular international dishes at home with ease. For more of her recipes, visit jillhough.com.

erhaps you're planning to make corned beef and cabbage for St. Patrick's Day. If so, perhaps we can convince you to reconsider. Corned beef and cabbage isn't so much Irish as it is Irish-American, a dish created in the 18th century when newly arrived immigrants to the United States combined their beloved potatoes, inexpensive cabbage and another culture's meat, Jewish corned beef.

Back in Ireland, and for centuries beforehand, pork and lamb were more typical than beef, and yet still great luxuries for the dinner table – sheep were most valuable for wool, milk and cheese-making. But when a sheep became old or was otherwise past its prime, it'd often end up in the stew pot. Add some potatoes and a few other inexpensive, readily available vegetables and you had, yep, Irish stew.

Basic and beyond

As with any "authentic" recipe, there are plenty of versions of this one and

many people who'll swear theirs is the real deal. But most would agree that, at its most basic, Irish stew is a simple peasant dish made by slowly simmering tougher cuts of meat with potatoes, onions and water. Variations include using beef instead of lamb and adding carrots or other root vegetables. In some parts of Ireland, adding barley to the stew is typical. And still others use beer for some of the cooking liquid.

Clean, with a touch of green

All those twists are worth trying, but for my clean version of the dish. I stick to the basics, with one exception - I cut down on the lamb and heavy up on the vegetables, adding not only carrots, but parsnips and peas.

For depth of flavor, I use beef broth instead of water as my cooking liquid. And for a hint of brightness, plus even more color to honor the holiday, just before serving, I sprinkle it all with fresh green parsley.

MAKE **IRISH STEW** YOUR OWN

A FEW MODEST **VARIATIONS** TO TRY:

- Try beef instead of lamb
- Incorporate barley
- Substitute beer – Guinness Extra Stout, naturally for up to 1 cup of the liquid
- Brown the meat before adding the vegetables and cooking liquid
- Simmer the stew on the stove top instead of braising it in the oven

ADVENTUROUS VARIATIONS:

- Add a tablespoon or two of tomato paste
- Add a roux a mixture of butter and flour - to thicken the stew
- Add other vegetables like celery, mushrooms, turnips or leeks
- Add other herbs like bay leaves or sprigs of thyme
- Make it in a slow cooker



Irish Stew

SERVES 10. HANDS-ON TIME: 35 MINUTES. TOTAL TIME: 2 HOURS, 45 MINUTES.

Irish Stew couldn't be easier – just combine the ingredients in a pot, put the pot in the oven and wait.

And it's even better made a day ahead – the falling-apart potatoes will break up into the liquid, making it thicker and more flavorful.

INGREDIENTS:

- 2 lb lean boneless lamb, cut into 1-inch pieces
- 2 Ib Russet potatoes, peeled, halved lengthwise and cut crosswise into 1-inch slices
- 1 lb carrots, peeled and cut into 1-inch lengths
- 1 lb yellow onions, cut into 1-inch dice
- 1 lb parsnips, cut into 1-inch lengths (larger pieces halved)

- 4 cups low-sodium beef broth
- 1 tsp fresh ground black pepper, plus additional, to taste
- $\frac{1}{2}$ tsp sea salt, plus additional, to taste
- 1½ cups fresh, or frozen and thawed peas
- 2 tbsp coarsely chopped fresh flat-leaf parsley leaves

INSTRUCTIONS:

ONE: Preheat oven to 250°F. In a large, ovenproof stockpot on medium, combine lamb, potatoes, carrots, onions, parsnips, broth, pepper

and salt. Bring to a simmer, cover and transfer to oven. Bake, covered, until lamb is very tender, 2 to 2½ hours.

TWO: Remove from oven; stir in peas and additional pepper and salt. To serve, sprinkle with parsley.

NUTRIENTS PER SERVING (ABOUT 1 1/3 CUP):

CALORIES: 273, TOTAL FAT: 5 g, SAT. FAT: 2 g,
MONOUNSATURATED FAT: 2 g, POLYUNSATURATED
FAT: 1 g, CARBS: 33 g, FIBER: 6 g, SUGARS: 8 g,
PROTEIN: 23 g, SODIUM: 373 mg, CHOLESTEROL: 59 mg

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ECO-CONSCIOUS

Would you ever guess that each T-fal Natura spatula is made from two recycled water bottles? These earth-friendly utensils are heatresistant up to 428°F and offer both vibrant color and convenience to your culinary tools arsenal.

\$4, t-falusa.com for where to buy



GOOD GRIND

The Capresso Ceramic Burr Grinder grinds coffee beans to a uniform size with precision thanks to a 17-position grind selector, and the handy measurement markers mean you can grind just the right amount of coffee - for up to 16 cups – every time you brew.

\$60, capresso.com



CHILL LONGER

Perfect for St. Paddy's Day, the Zak Designs Arctic Glass Small Pilsner Set keeps beverages like beer and wine chilled for up to 30 minutes Developed after the same technology that has been keeping Dutch drinks cold for years, these glasses were designed to be moved from dishwasher to freezer without cracking.

\$30 per set of two, zak.com

Your Clean Eating

The top culinary aids we're loving TOOLS we're loving right now.



ROASTIT

The Casa Alegre Rectangular Roaster Blue Cooker cooks meats and poultry to juicy perfection in addition to cooking up flavorful caramelized veggies. Oven-safe up to 470°F, this stoneware roaster will also add a pretty pop of color to your kitchen shelves.

\$36, gracioushome.com

HYDRATE ALL DAY

With its generous 25-ounce capacity, the Swiss-made SIGG VIVA Bottle has a widemouth opening that makes it easy for adding in extras like protein powders and ice cubes. Made of BPA-free, recyclable polypropylene, these water bottles come in a variety of eye-catching colors.

\$17, mysigg.com







Chop-Chop!

Wood versus plastic? We're revealing the pros and cons of each to help you choose your best board.

BY ANDREA GOURGY

here seems to be a divide in the cooking world when it comes to cutting boards. There are those who are proponents of wood because of its rustic look and how gentle it is on your knives, and then there are those who opt for plastic due to its lightweight nature and versatility. Here at *Clean Eating*, we don't subscribe to either camp; rather, we believe in choosing the right board for the job at hand.

Wood Boards

For a standout piece on your countertop, there's nothing as eye-catching as wood. Wood cutting boards are biodegradable and don't dull your knives as plastic tends to. Wood chopping blocks are constructed in one of two ways: End-grain boards are made with the wood grain running vertically, whereas in an edge-grain (aka flat-grain) board the grain is horizontal, or parallel to the board. End grains are even easier on your knives than edge grain because your blade hits between the grains themselves instead of cutting through the side of the fibers. Most wooden

boards shouldn't go into the dishwasher, so to sanitize them, you'll have to use a disinfectant with hot water. Wooden boards also need to be periodically treated with oil to maintain quality.

Plastic Boards

Plastic boards tend be lighter and most can go straight into the dishwasher to be sanitized – a big bonus if you're chopping proteins. When choosing among lighter boards, choose one that has a nonslip edge so that it stays put while you work. Alternatively, place a sticky mat or damp paper towel underneath to make sure it doesn't slip.

So, given the pros and cons of each material, which way do you go? Since plastic can be sanitized in the dishwasher, we suggest keeping at least one on hand for chopping proteins. Wood boards, on the other hand, are great for veggies and ready-to-eat foods. Having different boards for different jobs and following the cleaning instructions for each will ensure that you maintain your boards properly and avoid any cross-contamination in your kitchen.

1 JK Adams Cherry Chunk Board 16" x 16" x 2.5"

This board, made from cherry wood with a teak oil finish, is a workhorse. It's extra-thick and stable, and end-grain contruction preserves the sharpness of your knives. \$134, jkadams.com



2 Epicurean Non-Slip Cutting Board in Slate and Red 14.5" x 11.25"

A custom skate park manufacturer started Epicurean as a way to repurpose skating surface materials – they figured if their surface could endure skateboards it could endure kitchen use. This modern-looking board is another option in the wood family made from wood fibers and food-grade resin, though it's more lightweight and dishwasher safe, unlike traditional wooden boards. \$30, epicureancs.com

OXO Good Grips Utility Cutting Board 14.5" x 10.5"

Made from a type of plastic called polypropylene, this board is the ultimate in functionality. Lightweight and nonporous, it also has a groove on one side to retain juices. \$15, oxo.com

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4) Proteak Rectangle Carving Board with Hand Grip 20" x 15" x 1.5"

Made of sustainably grown organic teak, this gorgeous full-size, edge-grain board makes chopping a breeze. It's gentle on knives, while a handgrip helps flip it over with ease. \$86, proteakstore.com



Which board harbors more bacteria?

A study done by UC-Davis Food Safety Laboratory showed that old wooden cutting boards with knife marks harbored no more bacteria than new ones, while old plastic boards with knife marks did hold more bacteria than their new counterparts. Researchers concluded that plastic boards need to be disinfected in the dishwasher, as harmful bacteria can survive in the grooves and dents of an older cutting board if cleaned by hand. What's the lesson here? Always disinfect plastic boards in the dishwasher, particularly after cutting proteins. Once a plastic cutting board gets overrun with knife scars, it's time to replace it.

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MAKES 36 SQUARES. HANDS-ON TIME: 25 MINUTES. **TOTAL TIME: 45 MINUTES (PLUS** COOLING TIME).

INGREDIENTS:

- Neutral-flavored cooking spray (such as safflower or grape seed)
- · 6 oz dark chocolate, melted and cooled slightly
- 3/4 cup organic evaporated cane juice
- ½ cup light olive oil
- 3 large eggs
- · 2 tsp pure vanilla extract
- · 1 cup plus 2 tbsp almond flour (TRY: Bob's Red Mill Almond Meal/Flour)
- ¼ tsp sea salt
- 3/4 cup dark chocolate chips

- ½ cup organic evaporated cane juice
- 4 oz cream cheese, room temperature
- ¼ cup organic unsalted butter, room temperature
- Zest of 1 large orange plus 1 to 2 tsp fresh orange juice,
- · 2 tsp pure vanilla extract

INSTRUCTIONS:

ONE: Preheat oven to 350°F. Lightly mist a 9-inch square baking pan with cooking spray.

TWO: Prepare brownies: In a large bowl, combine melted chocolate, 3/4 cup cane juice and oil. Add eggs and vanilla, beating with a spoon until incorporated. Stir in flour and salt until just combined. Stir in chocolate chips. Spread batter into prepared pan and bake for 28 to 35 minutes, until a toothpick comes out with fudgy crumbs attached.

THREE: Meanwhile prepare icing: To a coffee or spice grinder, add ½ cup cane juice. Grind until powdery, about 45 to 60 seconds. To a large bowl, add cream cheese and butter. With an electric hand mixer on medium, beat until light and fluffy. Slowly add ground cane juice and continue beating until well combined. Add orange zest and vanilla and beat until smooth. about 30 seconds. If icing is too thick, add orange juice to thin it. (NOTE: Icing should be a spreadable consistency.) When brownies are completely cooled, spread evenly with icing and cut into 36 squares.

NUTRIENTS PER SERVING (1 SOUARE):

CALORIES: 156, TOTAL FAT: 11 q, SAT. FAT: 4g, MONOUNSATURATED FAT: 5g, POLYUNSATURATED FAT: 1 g, CARBS: 12.5 g, FIBER: 1.5 q, SUGARS: 10 q, PROTEIN: 2 q, SODIUM: 32 mg, CHOLESTEROL: 23 mg @

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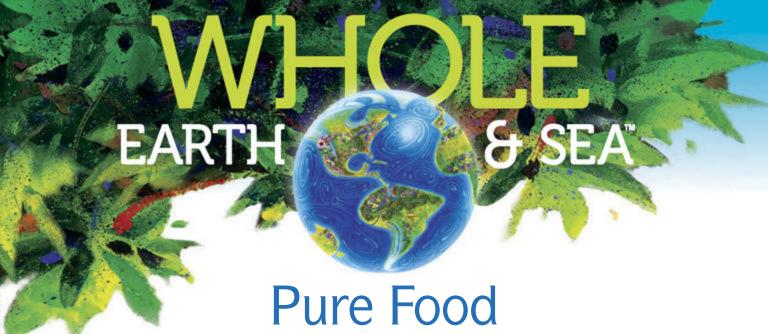












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